USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Zinc, Zn (mg); Copper, Cu (mg)

Food Subset: All Foods Ordered by: Nutrient Content
Measured by: 100 g
Report Run at: February 12, 2016 21:27 EST

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
15170	Mollusks, oyster, eastern, canned	90.95	4.46
15168	Mollusks, oyster, eastern, cooked, breaded and fried	87.13	4.29
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	78.60	5.71
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	64.33	0.34
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	61.04	4.44
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	51.70	0.50
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	50.00	0.10
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	50.00	0.35
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	45.15	1.43
15167	Mollusks, oyster, eastern, wild, raw	39.30	2.86
15245	Mollusks, oyster, eastern, farmed, raw	37.92	0.74
15231	Mollusks, oyster, Pacific, cooked, moist heat	33.24	2.68
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	30.00	0.26
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	28.30	0.22
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.80	0.27
08580	Incaparina, dry mix (corn and soy flours), unprepared	23.00	0.61
14654	Beverages, nutritional shake mix, high protein, powder	18.75	2.50
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	18.62	0.21
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	18.20	0.12
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	18.12	0.19
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	17.98	
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & amp; almonds	17.87	
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	17.42	0.14
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	17.31	0.77
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	17.29	0.77
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	17.17	0.23
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	17.13	0.07
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	16.73	0.38
08084	Cereals ready-to-eat, wheat germ, toasted, plain	16.67	0.62

		Value Per	Value Per
15171	Mollusks, oyster, Pacific, raw	16.62	1.58
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	16.36	0.15
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	16.16	0.11
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	16.01	0.62
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	15.56	0.12
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	15.42	
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	15.40	2.60
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	15.30	0.12
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	15.29	0.11
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	15.29	0.07
16156	Peanut butter, chunky, vitamin and mineral fortified	15.10	1.77
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	14.68	
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	14.50	
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	14.40	0.21
16155	Peanut butter, smooth, vitamin and mineral fortified	14.40	1.64
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	14.39	0.35
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	14.10	0.12
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	13.94	
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	13.90	0.25
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	13.90	0.15
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	13.90	0.13
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	13.90	0.28
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	13.89	0.26
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	13.89	0.27
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	13.89	0.15
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	13.89	0.19
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	13.89	0.24
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	13.89	
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	13.88	0.72
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	13.82	
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	13.78	0.28
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	13.78	
14063	Beverages, chocolate powder, no sugar added	13.64	1.82
14080	Beverages, rich chocolate, powder	13.64	1.82
14309	Beverages, OVALTINE, Classic Malt powder	13.64	1.82
14315	Beverages, OVALTINE, chocolate malt powder	13.64	1.82

2506 Formuland Four MARS SNACKFOOD US, SNICKERS MARK HON Double Choodine Nat Bar 1.347 — 08078 Ceceals ready-to-cut. QUAKER, Minja Brown Sugar LIFE Cered 13.49 0.43 08074 Ceceals ready-to-cut. RALSTON TASTEEOS 13.59 0.43 08153 Ceceals ready-to-cut. GENERAL MILLS, CHOCA TEUCKY CHARMS 13.39 0.02 08595 Ceceals ready-to-cut. GENERAL MILLS, CHOCA TEUCKY CHARMS 13.39 0.02 08595 Ceceals ready-to-cut. GENERAL MILLS, CHOCA BRANK 13.39 0.07 08407 Ceceals ready-to-cut. GENERAL MILLS, Mills, General ULERION, Penne Burner 13.39 0.07 08476 Ceceals ready-to-cut. GENERAL MILLS, Mills General CHIERION 12.29 0.23 08477 Ceceals ready-to-cut. (ATRIVIAL) MILLS, RIVERS PRIPERS 12.29 0.23 08478 Ceceals ready-to-cut. (ATRIVIAL) MILLS, RIVERS PRIPERS 12.29 0.22 08479 Ceceals ready-to-cut. (ATRIVIAL) MILLS, RIVERS PRIPERS 12.20 0.02 08470 Ceceals ready-to-cut. (ATRIVIAL) MILLS, ATRIVIAL MILLS, ATRIVIA	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
08074 Cereals ready-to-est, GENERAL MILLS, CHOCOLATE LUCKY CHARMS 13.39 0.43 08513 Cereals ready-to-est, GENERAL MILLS, 25% Less Sugur TRIX 13.39 0.21 08585 Cereals ready-to-est, GENERAL MILLS, 25% Less Sugur TRIX 13.39 0.17 08592 Cereals ready-to-est, GENERAL MILLS, MILLS, MILLS, MILLS, DEFENSO, Fearar Butter 13.39 -1 08476 Cereals ready-to-est, GENERAL MILLS, MILLS, MILLS MEDISTO, Fearar Butter 12.00 0.23 08197 Cereals ready-to-est, GENERAL MILLS, MERSES FUFFS 12.00 0.23 08197 Cereals ready-to-est, GENERAL MILLS, MERSES FUFFS 12.00 0.23 08197 Cereals ready-to-est, GENERAL MILLS, MERSES FUFFS 12.00 0.23 08198 Defends ready-to-est, QUAKER, KING VITAMAN 12.27 0.09 0318 Cereals ready-to-est, MALT-O-MEAL, MARSHMALLOW MATEYS 12.00 0.22 0324 Cereals ready-to-est, MALT-O-MEAL, MARSHMALLOW MATEYS 12.50 0.25 0345 Cereals ready-to-est, MALT-O-MEAL CHOCO-ROS 12.50 0.25 0346 Cereals ready-to-est, MALT-O-MEAL PREPAY COLOSSAL CRUNCH 12.50	25006	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	13.57	
08513 Cereals resoly-to-en, CENBRAL MILLS, CHICCOLATE LUCKY CHARMS 13.39 0.21 08586 Concels resoly-to-en, CENBRAL MILLS, 25% Less Sugar TRIX 13.39 0.07 08592 Concels resoly-to-en, CENBRAL MILLS, CHEFRIOS, Pannar Butter 13.39 08472 Concels resoly-to-en, CENBRAL MILLS, Multi Grain CHEERIOS, Pannar Butter 12.93 08476 Corcels resoly-to-en, CENBRAL MILLS, Multi-Grain CHEERIOS 12.99 0.23 08977 Corcels resoly-to-en, CENBRAL MILLS, Multi-Grain CHEERIOS 12.79 0.02 08947 Cereals resoly-to-en, UVAKER, KING VITAMAN 12.71 0.09 08188 Chaylorosc, cereals, cereally-to-en, MALT-O-MEAL, MARSHMALLOW MATEYS 12.90 0.20 08188 Corcels resoly-to-en, MALT-O-MEAL, COCC-ROOS 12.50 0.32 08240 Corcels resoly-to-en, MALT-O-MEAL, COLOSSAL CRUNCH 12.50 0.03 08241 Corcels resoly-to-en, MALT-O-MEAL, COLOSSAL CRUNCH 12.50 0.05 08242 Corcels resoly-to-en, MALT-O-MEAL, CURNAMON CHEERIOS 12.50 0.05 08243 Corcels resoly-to-en, MEALT-O-MEAL, CURNAMON CHEERIOS 12.	08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	13.47	
0886 Certals ready-to-eat, GENERAL MILLS, 25th Less Sagar TRIX 13.39 0.12 08922 Certals ready-to-eat, GENERAL MILLS, CHEGIROS, Banana Nat 13.39 0.17 08862 Cercals ready-to-eat, GENERAL MILLS, Multi Grain CHERRIOS, Penati Butter 12.93 ————————————————————————————————————	08074	Cereals ready-to-eat, RALSTON TASTEEOS	13.39	0.43
08922 Cereals ready-to-cat, GENERAL MILLS, Mild Grain CHEERIOS, Penart Butter 13.39 - 08622 Cereals ready-to-cat, GENERAL MILLS, Mild Grain CHEERIOS, Penart Butter 12.93 - 08476 Cereals ready-to-cat, GENERAL MILLS, Mild Grain CHEERIOS 12.90 0.23 08194 Cereals ready-to-cat, GENERAL MILLS, Mild-Grain CHEFRIOS 12.80 0.26 08047 Cereals ready-to-cat, GENERAL MILLS, Mild-Grain CHEFRIOS 12.71 0.09 08185 Balpylond, cereal, Grandy-to-cat, GUAKLER, KING VITAMAN 12.71 0.09 08188 Cereals ready-to-cat, MALT-O-MEAL, MARSIMALLOW MATEYS 12.50 0.20 08206 Cereals ready-to-cat, MALT-O-MEAL, COCO-ROOS 12.50 0.22 08214 Cereals ready-to-cat, MALT-O-MEAL, COLOSSAL CRUNCH 12.50 0.05 0824 Cereals ready-to-cat, GENERAL MILLS, APPLE CINNAMON CHEERIOS 12.50 0.05 0834 Cereals ready-to-cat, MALT-O-MEAL, COLOSSAL CRUNCH 12.50 0.18 0837 Cereals ready-to-cat, MALT-O-MEAL, ERRY COLOSSAL CRUNCH 12.50 0.22 0843 Cereals ready-to-cat, CENERAL MILLS, CIEREROS, Yogan Burst, strawberry <td>08513</td> <td>Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS</td> <td>13.39</td> <td>0.21</td>	08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	13.39	0.21
08682 Cereals ready-oc-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter 13.39	08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	13.39	0.12
08476 Cereals ready-to-eat, GENERAL MILLS, RIESES PUFS 12.90 0.23 08194 Cereals ready-to-eat, GENERAL MILLS, RIESES PUFS 12.90 0.23 0887 Cereals ready-to-eat, GENERAL MILLS, Mult-Grain CHEBROS 12.71 0.00 08197 Cereals ready-to-eat, QUAKER, KING VITAMAN 12.71 0.00 08138 Babylood, cereal, cameal, dry fortified 12.67 0.20 08138 Cereals ready-to-eat, MALT-O-MEAL, COCO-ROS 12.50 0.20 0826 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal 12.50 0.01 0826 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal 12.50 0.02 0826 Cereals ready-to-eat, GENERAL MILLS, COCO-ROS 12.50 0.05 0824 Cereals ready-to-eat, GENERAL MILLS, COCO-ROS 12.50 0.05 0824 Cereals ready-to-eat, GENERAL MILLS, COCO-ROS 12.50 0.05 0834 Cereals ready-to-eat, GENERAL MILLS, COCO-ROS 12.50 0.05 0844 Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS 12.50 0.03 0855 Cereals ready-to-eat,	08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	13.39	0.17
08194 Cereals ready-to-eat, GENERAL MILLS, REINES PUFFS 12.90 0.23 08087 Cereals ready-to-eat, GENERAL MILLS, MILLS GRING CHERIOS 12.89 0.26 08047 Cereals ready-to-eat, QUAKER, KING YITAMAN 12.71 0.09 08188 Babyfood, ceral, carteady-to-eat, MALT-O-MEAL, MARSIIMALLOW MATEYS 12.50 0.20 08206 Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS 12.50 0.32 08244 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal 12.50 0.02 08245 Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH 12.50 0.06 08247 Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH 12.50 0.06 08347 Cereals ready-to-eat, MALT-O-MEAL, CONSAL CRUNCH 12.50 0.01 08494 Cereals ready-to-eat, MALT-O-MEAL, CRUNCH 12.50 0.01 08535 Cereals ready-to-eat, MALT-O-MEAL, CRUNCH 12.50 0.21 08635 Cereals ready-to-eat, MALT-O-MEAL, CRUNCH 12.50 0.21 08635 Cereals ready-to-eat, MALT-O-MEAL, CRUNCH 12.50 0.21 08636 Cereals	08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	13.39	
6819 de Cercals ready-to-eat, GENERAL MILLS, Multi-Grain CHERTOS 12.90 0.23 68087 Cercals ready-to-eat, QUAKER, KING VITAMAN 12.71 0.00 03189 Baby food, cercal, outneal, dry fortified 12.67 0.02 03189 Daby food, cercal, outneal, dry fortified 12.67 0.02 03180 Cercals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS 12.50 0.02 03204 Cercals ready-to-eat, MALT-O-MEAL, COCO-ROOS 12.50 0.01 0324 Cercals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cercal 12.50 0.02 0324 Cercals ready-to-eat, GENERAL MILLS, COLOSSAL CRUNCH 12.50 0.02 0334 Cercals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH 12.50 0.03 0347 Cercals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS 12.50 0.03 0354 Cercals ready-to-eat, MALT-O-MEAL, SERRY COLOSSAL CRUNCH 12.50 0.02 0354 Cercals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH 12.50 0.03 0355 Cercals ready-to-eat, MENERAL MILLS, CIERTON SOUTHAND 12.50 0.02 0365	08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	12.93	
68047 Cereals ready-to-cat, QUAKER, KING VITAMAN 12.71 0.09 63189 Babytood, cereal, catmend, dry fortified 12.67 0.42 68138 Cereals ready-to-cat, MALT-O-MEAL, COCO-GOOS 12.90 0.32 68206 Cereals ready-to-cat, GENERAL MILLS, FIBER ONE Bran Cereal 12.50 0.18 68263 Cereals ready-to-cat, GENERAL MILLS, APPLE CINNAMON CHEBRIOS 12.50 0.05 68346 Cereals ready-to-cat, MALT-O-MEAL, SAPPLE CINNAMON CHEBRIOS 12.50 0.05 68347 Cereals ready-to-cat, MALT-O-MEAL, CINNAMON TOASTERS 12.50 0.12 68494 Cereals ready-to-cat, CENERAL MILLS, CHEBRIOS, Yogun Burst, strawberry 12.50 0.23 68535 Cereals ready-to-cat, GENERAL MILLS, CHEBRIOS, Yogung Burst, strawberry 12.50 0.23 68595 Cereals ready-to-cat, GENERAL MILLS, CRIMANON TOASTERS 12.50 0.23 68651 Cereals ready-to-cat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares 12.50 0.38 68651 Cereals ready-to-cat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares 12.50 - 68667 Cereals ready-to-cat, GENERAL MILLS, FRONTE	08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	12.90	
03189 Babyfood, cereal, nameal, dry fortified 12.67 0.42 08138 Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS 12.50 0.20 08206 Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS 12.50 0.32 08244 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal 12.50 0.18 08263 Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHERRIOS 12.50 0.06 08347 Cereals ready-to-eat, MALT-O-MEAL, CIONSAL CRUNCH 12.50 0.06 08347 Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS 12.50 0.13 084944 Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS 12.50 0.23 08595 Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX 12.50 0.21 08651 Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX 12.50 0.21 08662 Cereals ready-to-eat, GENERAL MILLS, Files ONE 80 Calories, Honey Squares 12.50 0.2 08663 Cereals ready-to-eat, GENERAL MILLS, Files ONE 80 Calories, Chocolate Squares 12.50 0.2 08669 Cereals ready-to-eat, MALT-O-MEAL, Low Yas Corters 0.2	08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	12.89	0.26
08138 Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS 12.50 0.20 08206 Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS 12.50 0.32 08244 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal 12.50 0.18 08263 Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS 12.50 0.06 08347 Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH 12.50 0.13 08494 Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS 12.50 0.13 08553 Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOASTERS 12.50 0.23 08695 Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogun Burst, strawberry 12.50 0.23 08635 Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar 12.50 0.23 08645 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Choostyquares 12.50 0.2 08669 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Choostyquares 12.50 0.2 08674 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Choostyduares 12.50 0.2 08676 Cereals ready-to	08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	12.71	0.09
08206 Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS 12.50 0.32 08244 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal 12.50 0.18 08263 Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS 12.50 0.05 08346 Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH 12.50 0.06 08447 Cereals ready-to-eat, MALT-O-MEAL, EDNAMON TOASTERS 12.50 0.13 08455 Cereals ready-to-eat, GENERAL MILLS, CHERIOS, Yogut Burst, strawberry 12.50 0.23 08555 Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX 12.50 0.21 08635 Cereals ready-to-eat, GENERAL MILLS, COCOA PURS OR Calories, Honey Squares 12.50 0.21 08651 Cereals ready-to-eat, GENERAL MILLS, COCOA PURS OR Calories, Chocolate Squares 12.50 0.3 08652 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares 12.50 0.3 08669 Cereals ready-to-eat, MALT-O-MEAL, Idoes, Nat Scottered 12.50 - 08670 Cereals ready-to-eat, MALT-O-MEAL, Idoes, Nat Scottered 12.50 - 08679 Cereals ready-to-eat, MALT-	03189	Babyfood, cereal, oatmeal, dry fortified	12.67	0.42
08244 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal 12.50 0.18 08263 Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS 12.50 0.06 08346 Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH 12.50 0.06 08347 Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH 12.50 0.13 08494 Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS 12.50 0.13 08553 Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yoguri Burst, strawberry 12.50 0.23 08554 Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX 12.50 0.21 08655 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares 12.50 0.38 08651 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares 12.50 - 08669 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares 12.50 - 08674 Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH 12.50 - 08679 Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH 12.50 - 08001 Cereals ready-	08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	12.50	0.20
08263 Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS 12.50 0.82 08346 Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH 12.50 0.06 08347 Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH 12.50 0.12 08494 Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS 12.50 0.13 08553 Cereals ready-to-eat, GENERAL MILLS, CHERIOS, Yogurt Burst, strawberry 12.50 0.21 08695 Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX 12.50 0.21 08635 Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX 12.50 0.21 08645 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares 12.50 0.38 08651 Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey 12.50 - 08669 Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS 12.50 - 08670 Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS 12.50 - 08071 Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH 12.50 - 08070 Cereals ready-to-eat, GENERAL MILLS, GUDEN GRAHAM Original	08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	12.50	0.32
08346 Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH 12.50 0.06 08347 Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH 12.50 0.12 08494 Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS 12.50 0.13 08553 Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX 12.50 0.21 08635 Cereals ready-to-eat, GENERAL MILLS, CoroA PUFFS, 25% Reduced Sugar 12.50 0.38 08651 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares 12.50 - 08669 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares 12.50 - 08674 Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey 12.50 - 08675 Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS 12.50 - 08676 Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS 12.50 - 08679 Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH 12.50 - 08001 Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH 12.32 0.00 20078 Wheat germ, crude 12.29 <	08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	12.50	0.18
08347 Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH 12.50 0.12 08494 Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS 12.50 0.13 08553 Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry 12.50 0.23 08595 Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX 12.50 0.21 08655 Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar 12.50 0.38 08651 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares 12.50 - 08669 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares 12.50 - 08674 Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey 12.50 - 08676 Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS 12.50 - 08679 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original 12.40 1.04 12011 Seeds, cottonseed meal, partially defatted (glandless) 12.29 0.80 20078 Wheat germ, crude 12.29 0.80 13981 Beef, chuck, short ribs, boneless, separable lean only, trimmed to	08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	12.50	0.25
08494 Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS 12.50 0.13 08553 Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry 12.50 0.23 08595 Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX 12.50 0.21 08635 Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar 12.50 0.38 08651 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares 12.50 08669 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares 12.50 08674 Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey 12.50 08676 Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS 12.50 08679 Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS 12.50 08070 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original 12.40 1.04 12011 Seeds, cottonseed meal, partially defatted (glandless) 12.29 0.80 13981 Beef, chuck, short ribs, boneless, separable lean only, trimned to 0" fat, select, cooked, braised 12.28 0.11 08019 <td>08346</td> <td>Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH</td> <td>12.50</td> <td>0.06</td>	08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	12.50	0.06
08553 Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry 12.50 0.23 08595 Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX 12.50 0.21 08635 Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar 12.50 0.38 08651 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares 12.50 08669 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares 12.50 08674 Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey 12.50 08676 Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS 12.50 08679 Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH 12.50 08001 Cereals ready-to-eat, KELLOGG'S ALL-BRAN Original 12.40 1.04 12011 Seeds, cottonseed meal, partially defatted (glandless) 12.32 0.00 13981 Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 12.28 0.11 08019 Cereals ready-to-eat, GENERAL MILLS, Corn CHEX 12.10 0.14 08670 <	08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	12.50	0.12
08595 Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX 12.50 0.21 08635 Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar 12.50 0.38 08651 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares 12.50 08669 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares 12.50 08674 Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey 12.50 08676 Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS 12.50 08679 Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH 12.50 08001 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original 12.40 1.04 12011 Seeds, cottonseed meal, partially defatted (glandless) 12.32 0.00 20078 Wheat germ, crude 12.29 0.80 13981 Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 12.10 0.14 08035 Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS 12.10 0.21 08670 Cereals ready-to-eat, GENERAL MILLS,	08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	12.50	0.13
08635 Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar 12.50 0.38 08651 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares 12.50 08669 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares 12.50 08674 Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey 12.50 08676 Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS 12.50 08679 Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH 12.50 08001 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original 12.40 1.04 12011 Seeds, cottonseed meal, partially defatted (glandless) 12.22 0.00 20078 Wheat germ, crude 12.29 0.80 13981 Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 12.10 0.14 08035 Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS 12.10 0.21 08670 Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH 12.10 08678 Cereals ready-to-e	08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	12.50	0.23
08651 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares 12.50 08669 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares 12.50 08674 Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey 12.50 08676 Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS 12.50 08679 Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH 12.50 08001 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original 12.40 1.04 12011 Seeds, cottonseed meal, partially defatted (glandless) 12.32 0.00 20078 Wheat germ, crude 12.29 0.80 13981 Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 12.28 0.11 08019 Cereals ready-to-eat, GENERAL MILLS, Corn CHEX 12.10 0.14 08035 Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS 12.10 0.21 08670 Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH 12.10 08678 Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX 12.10	08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	12.50	0.21
08669 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares 12.50 08674 Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey 12.50 08676 Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS 12.50 08679 Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH 12.50 08001 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original 12.40 1.04 12011 Seeds, cottonseed meal, partially defatted (glandless) 12.32 0.00 20078 Wheat germ, crude 12.29 0.80 13981 Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 12.28 0.11 08019 Cereals ready-to-eat, GENERAL MILLS, Corn CHEX 12.10 0.21 08035 Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS 12.10 0.21 08670 Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX 12.10	08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	12.50	0.38
08674 Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey 12.50 08676 Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS 12.50 08679 Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH 12.50 08001 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original 12.40 1.04 12011 Seeds, cottonseed meal, partially defatted (glandless) 12.32 0.00 20078 Wheat germ, crude 12.29 0.80 13981 Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 12.28 0.11 08019 Cereals ready-to-eat, GENERAL MILLS, Corn CHEX 12.10 0.14 08035 Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS 12.10 0.21 08670 Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH 12.10 08678 Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX 12.10	08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	12.50	
08676 Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS 12.50 08679 Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH 12.50 08001 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original 12.40 1.04 12011 Seeds, cottonseed meal, partially defatted (glandless) 12.32 0.00 20078 Wheat germ, crude 12.29 0.80 13981 Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 12.28 0.11 08019 Cereals ready-to-eat, GENERAL MILLS, Corn CHEX 12.10 0.14 08035 Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS 12.10 0.21 08670 Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH 12.10 08678 Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX 12.10	08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	12.50	
Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original 12.40 1.04 12011 Seeds, cottonseed meal, partially defatted (glandless) Wheat germ, crude 12.29 0.80 13981 Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 12.28 0.11 08019 Cereals ready-to-eat, GENERAL MILLS, Corn CHEX 12.10 08035 Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS 12.10 08670 Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH 08678 Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX 12.10	08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	12.50	
Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original 12.40 1.04 12011 Seeds, cottonseed meal, partially defatted (glandless) 12.32 0.00 20078 Wheat germ, crude 12.29 0.80 13981 Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 12.28 0.11 08019 Cereals ready-to-eat, GENERAL MILLS, Corn CHEX 12.10 0.14 08035 Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS 12.10 0.21 08670 Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH 12.10 08678 Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX 12.10	08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	12.50	
12011 Seeds, cottonseed meal, partially defatted (glandless) 20078 Wheat germ, crude 12.29 0.80 13981 Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 12.28 0.11 08019 Cereals ready-to-eat, GENERAL MILLS, Corn CHEX 08035 Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS 12.10 0.21 08670 Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH 08678 Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX 12.10	08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	12.50	
20078Wheat germ, crude12.290.8013981Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised12.280.1108019Cereals ready-to-eat, GENERAL MILLS, Corn CHEX12.100.1408035Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS12.100.2108670Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH12.1008678Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX12.10	08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	12.40	1.04
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised Cereals ready-to-eat, GENERAL MILLS, Corn CHEX Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX 12.10 12.10 12.10	12011	Seeds, cottonseed meal, partially defatted (glandless)	12.32	0.00
08019Cereals ready-to-eat, GENERAL MILLS, Corn CHEX12.100.1408035Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS12.100.2108670Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH12.1008678Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX12.10	20078	Wheat germ, crude	12.29	0.80
08035Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS12.100.2108670Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH12.1008678Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX12.10	13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	12.28	0.11
08670 Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH 12.10 08678 Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX 12.10	08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	12.10	0.14
08678 Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX 12.10	08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	12.10	0.21
	08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	12.10	
Veal, variety meats and by-products, liver, raw 12.02	08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	12.10	
	17202	Veal, variety meats and by-products, liver, raw	12.02	11.86

19382 Boef, chack, biort files, boucless, separable learn only, trimmed to 0° fat, dispeaks, cooked, braised 11.99 0.11 19390 Boef, chack, biort files, boucless, separable learn only, trimmed to 0° fat, choice, cooked, braised 11.90 15.05 19380 Certails ready-so-car. ORAKER WHOLE HEARTS out certal 11.90 1-2 19080 Certails ready-so-car. ORAKER WHOLE HEARTS out certal 11.88 0.45 20101 Certails ready-so-car. ORAKER WHOLE HEARTS out certal 11.88 0.45 2010 Certails ready-so-car. ORAKER WHOLE HEARTS out certal 11.88 0.45 2010 Certails ready-so-car. ORAKER WHOLE HEARTS on certail of the certail of	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
17204 Veal. variety meats and by-produces, liver, cooked, pan-fried 11,00 15,05 18665 Ceresh ready-to-cat, QUAKHR WITOLF IREARTY int creed 11,89 1878 April 2008 11,89 1888 0.45 1898 Veal. variety incent, QUAKHR WITOLF IREARTY int creed 11,89 1898 Ostal 11,90 1898 O	13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	11.99	0.11
9868 Cereals ready-to-eat, QUAKER WHOLE HEARTS oat caceal 11.89 0.43 25008 Formulacted bar, MARS SNACKPOOD US, SNICKERS MARATHON Honey Nut Dat Bar 11.89 0.45 26716 Formulacted bar, MARS SNACKPOOD US, SNICKERS MARATHON Energy Bar, all flavores 11.72 0.05 0837 Cereals ready-to-eat, MALT-O-MEAL, TOOTIE PRUTTES 11.69 11.69 0.13 08066 Cereals ready-to-eat, GENIRAL, MILLS, Honey Nat CHEX 11.69 1.18 1.18 12007 Seals, continuesed floar, partially defaulted (plantiless) 11.69 1.18 12008 Seals, continuesed floar, partially defaulted (plantiless) 11.69 1.18 12008 Seals, continuesed floar, partially defaulted (plantiless) 11.69 1.18 12008 Seals, continuesed floar, partially defaulted (plantiless) 11.69 1.18 12008 Seals, continuesed floar, partially defaulted (plantiless) 11.69 1.18 12008 Seals, continuesed floar, partially defaulted (plantiless) 11.39 0.13 20090 Beef, cheak, andre ball seals, bounders, separable lean only, trimmed to 0° fat, ebics, cooked, braised 11.39 0.13 <td>13980</td> <td>Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised</td> <td>11.95</td> <td>0.11</td>	13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	11.95	0.11
1.88 0.45	17204	Veal, variety meats and by-products, liver, cooked, pan-fried	11.90	15.05
Formulated bar, MARS SNACKPOOD US, SNICKERS MARATHON Energy Bar, all flavors	08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	11.89	
08349 Cereals ready-to-cat. MALT-O-MEAL. TOOTIE FRUTIES 11.72 0.06 08957 Cereals ready-to-cat. GENERAL MILLS. Honey Not CIEEX 11.69 0.13 08666 Cereals ready-to-cat. GENERAL MILLS. Genamon Burs CHEFRIOS 11.60 1.18 12007 Seeds, cottonseed flour, partially defatted (glandless) 11.61 1.17 12008 Seeds, cottonseed flour, port fail (glandless) 11.49 0.11 3334 Beef, chuck, under blade pet ross, bourless, separable lean only, trimmed to 0" fat, select, cooked, braised 11.49 0.13 08273 Cereals ready-to-cat. GENERAL MILLS, BOO BERRY 11.39 0.13 23096 Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 11.39 0.10 23097 Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 11.37 0.11 08448 Cereals ready-to-cat. MALT-O-MEAL. Cripy Rice 11.35 0.24 08549 Cereals ready-to-cat. Seally-to-cat. Seally-to-ca	25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	11.88	0.45
08057 Cereals ready-to-eat, GENERAL MILLS, Honey Nir CHEX 11.69 0.13 08066 Cereals ready-to-eat, GENERAL MILLS, Cinnamon Barts CHEFERIOS 11.69 1.18 12007 Seeds, cottonseed flour, partially defatted (glandless) 11.61 1.17 1334 Beef, chuck, under blade por torsal, bondess, separable lean only, trimmed to 0" fat, select, cooked, braised 11.49 0.11 08268 Cereals ready-to-eat, GENERAL MILLS, BOO BERRY 11.39 0.13 23096 Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 11.39 0.13 23096 Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, alignes, cooked, braised 11.39 0.10 23097 Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, alignes, cooked, braised 11.37 0.11 08348 Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice 11.23 0.10 13245 Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 11.23 1.09 13240 Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Winea Bran 11.23 1.04 14341	25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	11.88	0.45
08666 Cercals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS 11.69 1.18 12007 Secds, cottonseed flour, partially defatted (glandless) 11.60 1.18 12008 Seeds, cottonseed flour, tow far (glandless) 11.61 1.17 13384 Beef, cluck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 11.39 0.13 08273 Cercals ready-to-eat, GENERAL MILLS, BOO BERRY 11.39 0.13 23096 Beef, cluck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 11.39 0.10 23097 Beef, cluck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 11.37 0.11 0348 Cerculs ready-to-eat, MALT-O-MEAL, Crayp Rice 11.35 0.20 1328 Beef, cluck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 11.35 0.11 0348 Cerculs ready-to-eat, MALT-O-MEAL, Crayp Rice 11.23 1.04 1328 Beef, cluck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, eloce, cooked, braised 11.21 1.04 08493 Cerculs ready-to-eat,	08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	11.72	0.06
1.00 Seeds, cottonseed flour, partially defated (glandless)	08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	11.69	0.13
12008 Seeds, cottonseed flour, low fat [glandless) 11.61 1.17 13384 Beef, chuck, under blade por roast, boncless, separable lean only, trimmed to 0" fat, select, cooked, braised 11.49 0.11 08268 Cereals ready-to-cast, GENERAL MILLS, FRONKENBERRY 11.39 0.13 23096 Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 11.39 0.10 23097 Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 11.37 0.11 23097 Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 11.37 0.11 23097 Beef, chuck, under blade pot roast, brain colless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 11.32 0.10 23848 Cereals ready-to-cast, MALT-O-MEAL, Crispy Rice 11.32 0.10 17203 Veal, variety meats and by-products, liver, cooked, braised 11.23 1.19 24949 Cereals ready-to-cast, MALT-O-MEAL, Apple ZINOS 11.21 - 13383 Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 11.21 0.10 </td <td>08666</td> <td>Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS</td> <td>11.69</td> <td></td>	08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	11.69	
13384 Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 11.49 0.11	12007	Seeds, cottonseed flour, partially defatted (glandless)	11.69	1.18
08268 Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY 11.39 0.13 08273 Cereals ready-to-eat, GENERAL MILLS, BOO BERRY 11.39 0.13 23096 Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0° fat, all grades, cooked, braised 11.38 0.10 23097 Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0° fat, all grades, cooked, braised 11.37 0.11 08348 Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice 11.35 0.24 13285 Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0° fat, all grades, cooked, braised 11.23 0.10 08363 Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice 11.23 1.09 17203 Veal, variety meats and by-products, liver, cooked, braised wheat Bran 11.23 1.09 08493 Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS 11.21 13383 Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0° fat, choice, cooked, braised 11.21 0.10 08082 Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS 11.21 0.10 23274 Beef, chuck, under blade pot roast, boneless, separable le	12008	Seeds, cottonseed flour, low fat (glandless)	11.61	1.17
08273 Cereals ready-to-eat, GENERAL MILLS, BOO BERRY 11.39 0.18 23096 Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 11.39 0.10 23098 Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 11.38 0.10 23097 Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 11.35 0.24 18285 Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 11.32 0.10 08363 Cereals ready-to-cat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran 11.23 1.09 17203 Veal, variety meats and by-products, liver, cooked, braised 11.23 1.494 08493 Cereals ready-to-cat, MALT-O-MEAL, Apple ZINGS 11.21 -0.1 13383 Beef, chuck, under blade pot rost, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 11.21 0.10 08082 Cereals ready-to-cat, MALT-O-MEAL, Apple ZINGS 11.21 0.10 13383 Beef, chuck, under blade pot rost, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 11.01	13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	11.49	0.11
23096 Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 11.38 0.10 23097 Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 11.37 0.11 08348 Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice 11.35 0.24 13285 Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 11.32 0.10 08363 Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran 11.23 1.09 17203 Veal, variety meats and by-products, liver, cooked, braised 11.21 - 08493 Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS 11.21 - 13383 Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 11.21 - 08082 Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX 11.20 0.40 23274 Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 11.01 0.15 23084 Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 11.01 0.15 </td <td>08268</td> <td>Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY</td> <td>11.39</td> <td>0.13</td>	08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	11.39	0.13
23098 Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 11.38 0.10 23097 Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 11.37 0.11 08348 Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice 11.35 0.24 13285 Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 11.23 1.09 08363 Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran 11.23 14.94 08493 Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS 11.21 - 13383 Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 11.21 0.10 08082 Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX 11.02 0.40 23274 Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 11.01 0.14 23084 Beef, chuck we country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 10.98 0.11 23070 Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, co	08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	11.39	0.13
23097 Beef, chuck, under blade steak, boncless, separable lean only, trimmed to 0" fat, select, cooked, braised 11.37 0.11 08348 Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice 11.35 0.24 13285 Beef, chuck, under blade pot roast, boncless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 11.23 0.10 08363 Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran 11.23 1.09 17203 Veal, variety meats and by-products, liver, cooked, braised 11.21 -1 08493 Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS 11.21 -1 13383 Beef, chuck, under blade pot roast, boncless, separable lean only, trimmed to 0" fat, choice, cooked, braised 11.21 0.10 08082 Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX 11.20 0.40 23274 Beef, chuck, mock tender steak, boncless, separable lean only, trimmed to 0" fat, choice, cooked, braised 11.01 0.15 23069 Beef, chuck eye Country-Style ribs, boncless, separable lean only, trimmed to 0" fat, choice, cooked, braised 10.98 0.11 23070 Beef, chuck eye Country-Style ribs, boncless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 10.93 <	23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	11.39	0.10
08348 Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice 11.35 0.24 13285 Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 11.32 0.10 08363 Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran 11.23 14.94 17203 Veal, variety meats and by-products, liver, cooked, braised 11.21 08493 Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS 11.21 0.10 08082 Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX 11.20 0.40 23274 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 11.01 0.15 23084 Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 11.01 0.15 23070 Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 10.94 0.10 23086 Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 10.93 0.15 03194 Babyfood, cereal, rice, dry fortified 10.92 0.23 23271 Beef, chuck eye Co	23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	11.38	0.10
13285 Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 11.32 0.10 08363 Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran 11.23 14.94 17203 Veal, variety meats and by-products, liver, cooked, braised 11.21 14.94 08493 Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS 11.21 - 13383 Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 11.20 0.40 23274 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled 11.04 0.14 23084 Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 11.01 0.15 23070 Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 10.94 0.10 23086 Beef, chuck we country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 10.93 0.15 03194 Babyfood, cereal, rice, dry fortified 10.92 0.23 23071 Beef, chuck cye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked	23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	11.37	0.11
08363 Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran 11.23 1.09 17203 Veal, variety meats and by-products, liver, cooked, braised 11.23 14.94 08493 Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS 11.21 13383 Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 11.20 0.40 23274 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled 11.04 0.14 23084 Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 11.01 0.15 23070 Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 10.98 0.11 23086 Beef, chuck, eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 10.94 0.10 3194 Babyfood, cereal, rice, dry fortified 10.93 0.15 23071 Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 10.91 0.11 23286 Beef, thuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised </td <td>08348</td> <td>Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice</td> <td>11.35</td> <td>0.24</td>	08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	11.35	0.24
17203 Veal, variety meats and by-products, liver, cooked, braised 11.23 14.94 08493 Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS 11.21 13383 Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 11.21 0.10 08082 Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX 11.20 0.40 23274 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 11.01 0.15 23084 Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 10.98 0.11 23070 Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 10.94 0.10 23086 Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 10.93 0.15 03194 Babyfood, cereal, rice, dry fortified 10.92 0.23 23071 Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 10.91 0.11 23085 Beef, top loin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled 10.76	13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	11.32	0.10
Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX 11.20 0.40 23274 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled 11.01 11.02 23084 Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 11.01 23069 Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 23070 Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 23086 Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 23071 Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 23071 Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 23086 Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 23071 Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 23085 Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 23077 Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted 23078 Seeds, sesame flour, partially defatted	08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	11.23	1.09
Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX 11.20 0.40 23274 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled 11.04 23084 Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 11.01 23069 Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 10.98 10.99 10.90 10.91 23070 Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 10.99 10.90 10.91 23086 Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 10.91 23071 Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 10.91 23286 Beef, top loin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 10.90 0.11 23286 Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled 10.90 0.14 23085 Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 10.76 0.15 23277 Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted 10.73 1.43	17203	Veal, variety meats and by-products, liver, cooked, braised	11.23	14.94
Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX 11.20 23274 Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled 11.04 23084 Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 11.01 23069 Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 10.98 23070 Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 10.94 23086 Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 10.93 23071 Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 10.91 23286 Beef, top loin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 10.90 23085 Beef, top loin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 10.91 23277 Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted 10.73 1.43 12032 Seeds, sesame flour, partially defatted	08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	11.21	
Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised Beef, top loin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised Seeds, sesame flour, partially defatted	13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	11.21	0.10
Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	11.20	0.40
Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised Babyfood, cereal, rice, dry fortified Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted 10.73 1.43 Seeds, sesame flour, partially defatted	23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	11.04	0.14
Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised Babyfood, cereal, rice, dry fortified Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Seeds, sesame flour, partially defatted 10.70 1.43	23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	11.01	0.15
Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 10.93 0.15 03194 Babyfood, cereal, rice, dry fortified 10.92 0.23 23071 Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 10.91 0.11 23286 Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled 23085 Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 10.76 0.15 23277 Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted 10.73 0.14 12032 Seeds, sesame flour, partially defatted	23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	10.98	0.11
Babyfood, cereal, rice, dry fortified Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Seeds, sesame flour, partially defatted 10.70 1.43	23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	10.94	0.10
Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Seeds, sesame flour, partially defatted 10.70 1.43	23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	10.93	0.15
Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Seeds, sesame flour, partially defatted 10.70 1.43	03194	Babyfood, cereal, rice, dry fortified	10.92	0.23
Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Seeds, sesame flour, partially defatted 10.70 1.43	23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	10.91	0.11
Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted 10.73 0.14 12032 Seeds, sesame flour, partially defatted 10.70 1.43	23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	10.90	0.14
12032 Seeds, sesame flour, partially defatted 10.70 1.43	23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	10.76	0.15
	23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	10.73	0.14
08579 Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH 10.69 0.15	12032	Seeds, sesame flour, partially defatted	10.70	1.43
	08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	10.69	0.15

0.854 Cercular searly, in-east, CRINBEAL MILL SE, Checalisa CRIN 1.02 1.02 1277 Restl, surp floar planty high fal 1.03 1.03 2276 Restl, can be four planty high fal 1.03 1.03 2577 Restl, chank yee seak, homeless, separable learn mily, rimmed to 17 fat, all grades, conket, grilled 1.04 1.00 2577 Restl, chank yee seak, homeless, separable learn mily, rimmed to 17 fat, all grades, conket, grilled 1.03 1.00 2578 Bestl, chank yee seak, bondess, separable learn mily, rimmed to 17 fat, all grades, conket, grilled 1.03 1.00 2528 Bestl, chank, we seek all, bondess, separable learn milt, trimmed to 07 fat, cheex, cooked, grilled 1.04 0.01 1221 Bestl, chank, most cache stack, bondess, separable learn and fit, trimmed to 07 fat, all grades, cooked, braised 1.04 0.01 1210 Bestl, for ploin fielt, bondess, separable learn and fit, trimmed to 18 fat, all grades, cooked, praised 1.04 0.01 23287 Bestl, for ploin price rosal, bondess, separable learn and fit, trimmed to 18 fat, all grades, cooked, praised 1.04 0.01 23288 Bestl, for ploin price rosal, bondess, separable learn and fit, trimmed to 18 fat, all grades, cooked, praised	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 18" fat, select, cooked, grilled 10.65 0.14	08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	10.69	0.25
2076 Beaf, chack cyc steak, hondess, separable lean only, trimmed to 0° fat, select, cooked, grilled 10.54 0.05 2077 Beef, chack cyc steak, hondess, separable lean only, trimmed to 0° fat, alleg cooked, grilled 10.54 0.05 2078 Beef, chack cyc steak, hondess, separable lean only, trimmed to 0° fat, choice, cooked, grilled 10.49 0.17 2072 Beef, chack, mack tender steak, hondess, separable lean only, trimmed to 14° fat, choice, cooked, stimmered 10.49 0.17 2072 Beef, chack, mack tender steak, hondess, separable lean and fat, trimmed to 0° fat, choice, cooked, braised 10.44 0.14 2072 Beef, chock, mack tender steak, hondess, separable lean and fat, trimmed to 16° fat, all grades, cooked, braised 10.42 0.17 2072 Beef, top loin flet, hondess, separable lean and fat, trimmed to 18° fat, all grades, cooked, grilled 10.42 0.17 2072 Beef, chock, under blade center steak, bondess, separable lean and fat, trimmed to 18° fat, all grades, cooked, grilled 10.40 0.10 2072 Beef, chock, under blade center steak, bondess, separable lean and fat, trimmed to 18° fat, all grades, cooked, grilled 10.40 0.10 2072 Beef, chock, under blade center steak, bondess, separable lean and fat, trimmed to 18° fat, all grades, cooked, grilled 10.40 0.10 2073 Beef, chock, under blade center steak, bondess, separable lean and fat, trimmed to 18° fat, chock, cooked, grilled 10.40 0.10 2074 Beef, chock, under blade center steak, bondess, separable lean and fat, trimmed to 18° fat, chock, cooked, grilled 10.40 0.10 2075 Beef, chock, blade coast, separable lean and fat, trimmed to 0° fat, select, cooked, praised 10.30 0.69 2076 Beef, chock, blade coast, separable lean and fat, trimmed to 0° fat, select, cooked, praised 10.30 0.69 2076 Beef, chock, blade coast, separable lean and fat, trimmed to 0° fat, select, cooked, praised 10.21 0.10 2077 Beef, chock, blade coast, separable lean and fat, trimmed to 0° fat, select, cooked, grille	12170	Seeds, sesame flour, high-fat	10.67	1.52
2007 Reef, chuck eye steak, homeless, separable lean only, trimmed to 0° fat, all grades, croked, grilled 10.54 0.09 0.09 2007 10.55 1	23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	10.65	0.14
Berf., chack eye steak, borneless, separable lean only, trimmed to 0" fat, choice, cooked, simnered 10.49 0.17	23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	10.60	0.08
19228 Beef, shank crosscuts, separable lean only, trimmed to 14" fat, choice, cooked, simmered 10.49 0.17 23120 Beef, chick, mock tender steak, borneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 10.45 1.49 23119 Beef, chick, mock tender steak, borneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 10.44 0.14 23244 Beef, top Join filet, borneless, separable lean and fat, trimmed to 0.18" fat, all grades, cooked, grilled 10.42 0.17 23287 Beef, top Join petite rosat, borneless, separable lean and fat, trimmed to 1.8" fat, all grades, cooked, grilled 10.40 0.10 23288 Beef, top Join petite rosat, borneless, separable lean and fat, trimmed to 1.8" fat, choice, cooked, grilled 10.40 0.10 23288 Beef, top Join petite rosat, borneless, separable lean and fat, trimmed to 1.8" fat, choice, cooked, grilled 10.40 0.10 23288 Beef, top Join petite rosat, borneless, separable lean and fat, trimmed to 1.8" fat, choice, cooked, praised 10.30 0.60 23210 Beef, chuck, mock tender steak, borneless, separable lean and fat, trimmed to 0" fat, select, cooked, brained 10.30 0.60 23210 Beef, chuck, mock tender steak, borneless, separable lean and fat, trimmed to 0" fat, select, cooked, brained 10.30 0.60 23382 Beef, top Join petite rosat, borneless, separable lean and fat, trimmed to 0" fat, select, cooked, brained 10.30 0.60 23382 Beef, top Join and squash seeds, whole, rosated, without sail added 10.30 0.60 23382 Beef, chuck, blade rosat, separable lean and fat, trimmed to 0" fat, select, cooked, brained 10.21 0.15 2344 Seeds, sessume seed kernels, tosated, with sail added (decorticated) 10.23 0.14 2345 Beef, chuck, dust praised, boated, with sail added (decorticated) 10.23 0.16 2346 Beef, top Join filet, boncless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 10.21 0.16 2347 Beef, chuck, under blade c	23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	10.54	0.09
23120 Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 10.46 10.45 1.49 23119 Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 10" fat, all grades, cooked, braised 10.44 0.14 23234 Beef, top loin fliet, boneless, separable lean and fat, trimmed to 10" fat, all grades, cooked, grilled 10.42 0.17 23237 Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 10" fat, all grades, cooked, grilled 10.42 0.17 23238 Beef, top loin petite roast, boneless, pearable lean and fat, trimmed to 10" fat, select, cooked, grilled 10.40 0.10 23238 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled 10.30 0.60 23238 Beef, chuck, mock tender steak, boneless, pearable lean and fat, trimmed to 0" fat, select, cooked, grilled 10.31 0.14 2166 Seeds, pumpkin and squash seeds, whole, masted, without salt 10.30 0.60 2332 Beef, chuck, base roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised 10.20 0.15 2174 Seeds, seature mean, bear, cooked, simmered 10.27 0.15 2174 Seeds, seature mean, bear, cooked, simmered 10.27 0.15 2174 Seeds, seature mean, bear, cooked, simmered 10.23 1.46 2125 Seeds, seature meal, partially defatted 10.23 1.46 2126 Seeds, seature meal, partially defatted 10.23 1.46 2227 Seeds, seature meal, partially defatted 10.21 0.16 2227 Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 10" fat, select, cooked, grilled 10.21 0.16 2228 Beef, top loin fliet, boneless, separable lean and fat, trimmed to 10" fat, select, cooked, grilled 10.21 0.16 2228 Beef, top loin fliet, boneless, separable lean and fat, trimmed to 10" fat, select, cooked, grilled 10.21 0.16 2228 Beef, top loin fliet, boneless, separable lean and fat, tri	23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	10.50	0.09
12171 Seeds, sesame butter, tabinit, from unroasted kernels (non-chemically removed seed coat) 10.45 1.49 23194 Beef, chuck, mock tender steak, buneless, separable lean and fat, trimmed to 0° fat, all grades, cooked, grilled 10.42 0.17 23287 Beef, top loin petiter roast, boneless, separable lean and fat, trimmed to 18° fat, all grades, cooked, grilled 10.42 0.17 23288 Beef, thuck, under blade center steak, boneless, Deraver Cut, separable lean only, trimmed to 0° fat, select, cooked, grilled 10.40 0.10 23288 Beef, chuck, under blade center steak, boneless, perapable lean and fat, trimmed to 18° fat, delice, cooked, braised 10.39 0.16 23212 Beef, chuck, unck tender steak, boneless, separable lean and fat, trimmed to 0° fat, select, cooked, braised 10.31 0.14 2163 Seeds, pumpkin and squash seeds, whole, roasted, without sail 10.30 0.69 21663 Seeds, pumpkin and squash seeds, whole, roasted, without sail 10.30 0.69 21663 Seeds, pumpkin and squash seeds, whole, roasted, without sail 10.30 0.69 21664 Seeds, swatermelou seed kernels, dired lean only, trimmed to 0° fat, all grades, cooked, braised 10.31 0.14 21674 Seeds, watermelou seed kernels, dired 10.27 0.15 2174 Seeds, watermelou seed kernels, dired 10.21 0.16 21029 Seeds, seams seed kernels, toasted, without sail added (decorticated) 10.23 1.46 21034 Seeds, swatermelou seed kernels, dired 10.23 1.46 22279 Beef, loin, top sitoin cap steak, boneless, separable lean and fat, trimmed to 18° fat, choice, cooked, grilled 10.21 0.16 22285 Beef, top loin filet, boneless, separable lean and fat, trimmed to 18° fat, choice, cooked, grilled 10.21 0.16 22286 Beef, fouls, under blade center steak, boneless, peraparble lean and fat, trimmed to 0° fat, all grades, cooked, grilled 10.21 0.16 22286 Beef, fouls, under blade center steak, boneless, peraparble lean and fat, trimmed to 0° fat, all grades, cooked,	13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	10.49	0.17
2319 Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 10.42 0.17	23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	10.46	0.14
22284 Beef, top loin filet, boncless, separable lean and fat, trimmed to 1.8" fat, all grades, cooked, grilled 10.42 0.17 23287 Beef, top loin petite roast, boncless, separable lean and fat, trimmed to 1.8" fat, all grades, cooked, croasted 10.42 0.17 13354 Beef, chuck, under blade center steak, boncless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled 10.30 0.16 23121 Beef, chuck, mok tender steak, boncless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 10.31 0.14 12163 Seeds, pumpkin and squash seeds, whole, roasted, without salt 10.30 0.69 12663 Seeds, pumpkin and squash seeds, whole, roasted, with salt added 10.30 0.69 12864 Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, select, cooked, braised 10.27 0.15 17147 Game meat, bear, cooked, simmered 10.27 0.15 12148 Seeds, swatermelon seed kernels, dried 10.23 1.46 12029 Seeds, sesame meal, partially defatted 10.23 1.46 12529 Seeds, sesame meal, partially defatted 10.23 1.46 23217 Beef, fouck, short fibs, boncless, se	12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	10.45	1.49
22287 Beef, top Join petite roast, boneless, separable lean and fat, trimmed to 18" fat, all grades, cooked, roasted 10.42 0.17 13354 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 10.39 0.16 23288 Beef, top Join petite roast, boneless, separable lean and fat, trimmed to 18" fat, choice, cooked, braised 10.31 0.14 12163 Seeds, pumpkin and squash seeds, whole, roasted, without salt 10.30 0.69 12663 Seeds, pumpkin and squash seeds, whole, roasted, with salt added 10.20 0.69 13382 Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised 10.27 0.15 12174 Game meat, bear, cooked, simmered 10.27 0.15 12174 Seeds, watermelon seed kernels, dried 10.23 1.46 12029 Seeds, sesame seed kernels, toasted, without salt added (decorticated) 10.23 1.46 12034 Seeds, sesame seed kernels, toasted, with salt added (decorticated) 10.23 1.46 123279 Seed, sesame seed kernels, toasted, with salt added (decorticated) 10.23 1.46 23278 Beef, louc	23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	10.44	0.14
1354 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled 10.49 0.10 23288 Beef, top Ioin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised 10.31 0.14 23121 Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 10.31 0.14 12163 Seeds, pumpkin and squash seeds, whole, roasted, with salt added 10.30 0.69 13382 Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised 10.27 0.15 17147 Game meat, bear, cooked, simmered 10.27 0.15 12029 Seeds, swatermelon seed kernels, dried 10.23 1.14 12029 Seeds, sesame seed kernels, toasted, without salt added (decorticated) 10.23 1.46 1234 Seeds, sesame seed kernels, toasted, with salt added (decorticated) 10.23 1.46 23127 Beef, cluck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 10.23 1.0 23278 Beef, top Ioin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 10.9 0.1	23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	10.42	0.17
23288 Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 10.39 0.16 23121 Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 10.31 0.49 12163 Seeds, pumpkin and squash seeds, whole, roasted, without salt added 10.30 0.69 12663 Seeds, pumpkin and squash seeds, whole, roasted, with salt added 10.27 0.15 13382 Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised 10.27 0.15 12174 Game meat, bear, cooked, simmered 10.27 0.15 12174 Seeds, watermelon seed kernels, dried 10.23 1.46 12039 Seeds, sesame seed kernels, tossted, without salt added (decorticated) 10.23 1.46 12340 Seeds, sesame seed kernels, tossted, without salt added (decorticated) 10.23 1.46 12329 Seeds, sesame seed kernels, tossted, without salt added (decorticated) 10.23 1.46 23127 Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 10" fat, select, cooked, grilled 10.23 1.6 23287 Beef, fouck, under blade	23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	10.42	0.17
23121 Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 10.31 0.14 12163 Seeds, pumpkin and squash seeds, whole, roasted, without salt 10.30 0.69 12663 Seeds, pumpkin and squash seeds, whole, roasted, with salt added 10.30 0.69 13382 Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised 10.27 0.15 17147 Game meat, bear, cooked, simmered 10.27 0.15 12174 Seeds, watermelon seed kernels, toasted, without salt added (decorticated) 10.23 1.46 12029 Seeds, sesame seed kernels, toasted, without salt added (decorticated) 10.23 1.46 12529 Seeds, sesame seed kernels, toasted, with salt added (decorticated) 10.23 1.46 23127 Beef, loin, top sirioin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 10.23 0.16 23278 Beef, louk, short fibs, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 10.1 0.16 23107 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 10.05 <t< td=""><td>13354</td><td>Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled</td><td>10.40</td><td>0.10</td></t<>	13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	10.40	0.10
12163 Seeds, pumpkin and squash seeds, whole, roasted, without salt 10.30 0.69 12663 Seeds, pumpkin and squash seeds, whole, roasted, with salt added 10.30 0.69 13882 Beef, chuck, blade roast, separable lean only, trimmed to 0° fat, all grades, cooked, braised 10.27 0.15 17147 Game meat, bear, cooked, simmered 10.27 0.15 12174 Seeds, watermelon seed kernels, dried 10.23 1.46 12029 Seeds, seame seed kernels, toasted, without salt added (decorticated) 10.23 1.46 12034 Seeds, seame seed kernels, toasted, with salt added (decorticated) 10.23 1.46 12329 Seeds, seame seed kernels, toasted, with salt added (decorticated) 10.23 1.46 23127 Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 1° fat, select, cooked, braised 10.23 0.10 23285 Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 18° fat, choice, cooked, grilled 10.21 0.16 23286 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0° fat, select, cooked, grilled 10.00 1.40 10224 Protein suppleme	23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	10.39	0.16
12663 Seeds, pumpkin and squash seeds, whole, roasted, with salt added 10.30 0.69 13382 Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised 10.27 0.15 17147 Game meat, bear, cooked, simmered 10.27 0.15 12174 Seeds, watermelon seed kernels, dried 10.23 1.46 12029 Seeds, sesame seed kernels, toasted, without salt added (decorticated) 10.23 1.46 12034 Seeds, sesame meal, partially defatted 10.23 1.46 12529 Seeds, sesame meal, partially defatted 10.23 1.46 23127 Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled 10.23 0.10 23279 Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 10.21 0.16 23285 Beef, top loin flet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 10.21 0.16 13351 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled 10.01 0.11 08672 Cereals ready-to-eat, MALT-O-MEAL	23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	10.31	0.14
13382 Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised 10.27 0.15 17147 Game meat, bear, cooked, simmered 10.27 0.15 12174 Seeds, watermelon seed kernels, dried 10.24 0.69 12029 Seeds, sesame seed kernels, toasted, without salt added (decorticated) 10.23 1.46 12034 Seeds, sesame meal, partially defatted 10.23 1.46 12529 Seeds, sesame seed kernels, toasted, with salt added (decorticated) 10.23 1.46 12529 Seeds, sesame seed kernels, toasted, with salt added (decorticated) 10.23 1.46 23127 Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 10.23 0.10 23279 Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 10.21 0.16 23107 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 10.19 0.10 13351 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled 10.00 1.40 08672 <td>12163</td> <td>Seeds, pumpkin and squash seeds, whole, roasted, without salt</td> <td>10.30</td> <td>0.69</td>	12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	10.30	0.69
17147 Game meat, bear, cooked, simmered 10.27 0.15 12174 Seeds, watermelon seed kernels, dried 10.24 0.69 12029 Seeds, sesame seed kernels, toasted, without salt added (decorticated) 10.23 1.46 12034 Seeds, sesame meal, partially defatted 10.23 1.46 12529 Seeds, sesame seed kernels, toasted, with salt added (decorticated) 10.23 1.46 23127 Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised 10.23 0.10 23285 Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 10.21 0.16 23107 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 10.91 0.10 23107 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled 10.09 0.10 1024 Protein supplement, milk based, Muscle Milk Light, powder 10.00 1.40 108672 Cercals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS 10.00 - 12033 Seeds, sesame flour, low-fat<	12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	10.30	0.69
12174 Seeds, watermelon seed kernels, dried 10.24 0.69 12029 Seeds, sesame seed kernels, toasted, without salt added (decorticated) 10.23 1.46 12034 Seeds, sesame meal, partially defatted 10.23 1.46 12529 Seeds, sesame seed kernels, toasted, with salt added (decorticated) 10.23 1.46 23127 Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 10.23 0.10 23279 Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 10.21 0.16 2385 Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 10.21 0.16 23107 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 10.19 0.10 13351 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled 10.05 0.11 01224 Protein supplement, milk based, Muscle Milk Light, powder 10.00 1.40 08672 Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS 10.00 -	13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	10.27	0.15
12029 Seeds, seame seed kernels, toasted, without salt added (decorticated) 10.23 1.46 12034 Seeds, seame meal, partially defatted 10.23 1.46 12529 Seeds, sesame seed kernels, toasted, with salt added (decorticated) 10.23 1.46 23127 Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 10.23 0.10 23279 Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 10.21 0.16 23285 Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 10.21 0.16 23107 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 10.19 0.10 13351 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled 10.05 0.11 08672 Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS 10.00 1.42 23268 Beef, ribeye cap steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 9.99 0.13 23278 Beef, loin, top sirloin cap steak, boneless, s	17147	Game meat, bear, cooked, simmered	10.27	0.15
12034 Seeds, sesame meal, partially defatted 10.23 1.46 12529 Seeds, sesame seed kernels, toasted, with salt added (decorticated) 10.23 1.46 23127 Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 10.23 0.10 23279 Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 10.21 0.16 23285 Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 10.21 0.16 23107 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 10.19 0.10 13351 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled 10.00 1.40 08672 Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS 10.00 1.42 23268 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled 9.99 0.13 23278 Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled 9.99 0.15 18374 L	12174	Seeds, watermelon seed kernels, dried	10.24	0.69
12529Seeds, sesame seed kernels, toasted, with salt added (decorticated)10.231.4623127Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised10.230.1023279Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled10.210.1623285Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled10.210.1623107Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled10.190.1013351Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled10.050.1101224Protein supplement, milk based, Muscle Milk Light, powder10.001.4008672Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS10.00-12033Seeds, sesame flour, low-fat10.001.4223268Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled9.990.1323278Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled9.990.1618374Leavening agents, yeast, baker's, compressed9.970.155017Formulated bar, POWER BAR, chocolate9.961.43	12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	10.23	1.46
Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Protein supplement, milk based, Muscle Milk Light, powder Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS Seeds, sesame flour, low-fat Seeds, sesame flour, low-fat Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Poppi Oli6 Formulated bar, POWER BAR, chocolate	12034	Seeds, sesame meal, partially defatted	10.23	1.46
Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Protein supplement, milk based, Muscle Milk Light, powder Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS Seeds, sesame flour, low-fat Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled 9.99 0.13 23278 Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled 9.99 0.16 Leavening agents, yeast, baker's, compressed 9.97 0.15 Formulated bar, POWER BAR, chocolate	12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	10.23	1.46
Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Protein supplement, milk based, Muscle Milk Light, powder Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS 10.00 Seeds, sesame flour, low-fat Seeds, sesame flour, low-fat Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Seef, ribeye cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Seef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Leavening agents, yeast, baker's, compressed Poppi O.15 Formulated bar, POWER BAR, chocolate	23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	10.23	0.10
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled Protein supplement, milk based, Muscle Milk Light, powder Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS 10.00 Seeds, sesame flour, low-fat Seeds, sesame flour, low-fat Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Seeds, sesame flour, low-fat Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Seeds, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Seeds, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Seeds, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Seeds, ribeye cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Seeds, ribeye cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Seeds, sesame flour, low-fat Seeds, sesame flour,	23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	10.21	0.16
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled 10.05 0.11 01224 Protein supplement, milk based, Muscle Milk Light, powder 10.00 1.40 08672 Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS 10.00 12033 Seeds, sesame flour, low-fat 23268 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled 23278 Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled 9.99 0.16 18374 Leavening agents, yeast, baker's, compressed 9.97 0.15 Formulated bar, POWER BAR, chocolate	23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	10.21	0.16
Protein supplement, milk based, Muscle Milk Light, powder Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS 10.00 1.40 Seeds, sesame flour, low-fat 10.00 1.42 23268 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled 18374 Leavening agents, yeast, baker's, compressed Formulated bar, POWER BAR, chocolate 10.00 1.40 10.00 1.42 23268 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled 9.99 0.16 18374 Leavening agents, yeast, baker's, compressed 9.97 1.43	23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	10.19	0.10
Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS 10.00 1.42 23268 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled 9.99 0.16 18374 Leavening agents, yeast, baker's, compressed Formulated bar, POWER BAR, chocolate 9.96 1.43	13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	10.05	0.11
Seeds, sesame flour, low-fat Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Leavening agents, yeast, baker's, compressed Formulated bar, POWER BAR, chocolate 10.00 1.42 23268 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled 9.99 0.16 18374 Leavening agents, yeast, baker's, compressed 9.97 1.43	01224	Protein supplement, milk based, Muscle Milk Light, powder	10.00	1.40
Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Leavening agents, yeast, baker's, compressed Formulated bar, POWER BAR, chocolate 9.99 0.15 1.43	08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	10.00	
Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled Leavening agents, yeast, baker's, compressed Formulated bar, POWER BAR, chocolate 9.99 0.16 9.97 0.15	12033	Seeds, sesame flour, low-fat	10.00	1.42
18374 Leavening agents, yeast, baker's, compressed 25017 Formulated bar, POWER BAR, chocolate 9.97 0.15	23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	9.99	0.13
25017 Formulated bar, POWER BAR, chocolate 9.96 1.43	23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	9.99	0.16
	18374	Leavening agents, yeast, baker's, compressed	9.97	0.15
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted 9.93	25017	Formulated bar, POWER BAR, chocolate	9.96	1.43
	13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	9.93	0.08

1915 Seeds, Nemps most, bulled 988 0.11	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
1928 1928	12012	Seeds, hemp seed, hulled	9.90	1.60
1330 Resf., chuck, under blade center steak, browless, Denver Citt, separable lean and fat, trimmed to 0° fat, all grades, cooked, grilled 9.85 0.11 1330 Resf., shoulder to phale center steak, browless, permot le lean only, trimmed to 0° fat, chick, cooked, grilled 9.85 0.14 1350 Resf., shoulder top blade steak, broncless, separable lean only, trimmed to 0° fat, all grades, cooked, grilled 9.82 0.13 1352 Resf., shoulder top blade steak, broncless, separable lean only, trimmed to 0° fat, all grades, cooked, coasted 9.73 0.05 1352 Resf., chuck, short his, bondeses, separable lean only, trimmed to 0° fat, all grades, cooked, coasted 9.73 0.10 1352 Firmulated lare, LINA BARA, NUTZ OVER CHOCOLATE 9.72 1.41 13266 Resf., fribey cap steak, boncless, separable lean only, trimmed to 0° fat, all grades, cooked, grilled 9.71 0.15 13362 Resf., fribey cap steak, boncless, separable lean only, trimmed to 0° fat, all grades, cooked, grilled 9.71 0.15 13362 Resf., fribey cap steak, boncless, separable lean only, trimmed to 0° fat, select, cooked, grilled 9.67 0.15 13362 Resf., fribey cap steak, boncless, separable lean only, trimmed to 0° fat, select, cooked, grilled 9.67 0.15 13363 Resf., chuck, under blade center steak, boncless, separable lean only, trimmed to 0° fat, select, cooked, grilled 9.67 0.15 13364 Resf., chuck, under blade center steak, boncless, permable lean only, trimmed to 0° fat, chuck, cooked, grilled 9.68 0.11 13415 Resf., chuck, under blade steak, boncless, permable lean and fat, trimmed to 0° fat, select, cooked, grilled 9.64 0.10 13582 Resf., chuck, shoulder clotd, top blade, steak, separable lean and fat, trimmed to 0° fat, select, cooked, grilled 9.64 0.10 13682 Resf., chuck, under blade steak, boncless, separable lean and fat, trimmed to 0° fat, select, cooked, braised 9.55 0.05 13783 Resf., chuck, under blade steak, boncless, separable lean and fat, trimmed to 0° fat, select, coo	13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	9.88	0.11
13352 Becf. chack, under blade center steak, boncless, Denver Cut, sparable lean only, trimmed to 0° fat, choice, cooked, grilled 9.85 0.14 13501 Becf. shoulder top blade steak, boncless, separable lean only, trimmed to 0° fat, all grades, cooked, grilled 9.82 0.13 13621 Becf. chuck eye roast, boncless, America's Becf Roast, separable lean only, trimmed to 0° fat, all grades, cooked, grilled 9.73 0.08 13622 Becf. chuck eye roast, boncless, America's Becf Roast, separable lean only, trimmed to 0° fat, all grades, cooked, praised 9.73 0.10 13623 Becf. chuck, short risb, boncless, separable lean and fat, trimmed to 0° fat, all grades, cooked, praised 9.71 0.15 13626 Becf. pribey cap steak, boncless, separable lean and fat, trimmed to 0° fat, select, cooked, grilled 9.71 0.15 13626 Becf. thock, under blade center steak, boncless, separable lean and fat, trimmed to 0° fat, choice, cooked, grilled 9.71 0.15 13626 Becf. chuck, under blade center steak, boncless, perable lean and fat, trimmed to 0° fat, choice, cooked, grilled 9.66 0.11 23126 Becf. chuck, short fats, boncless, separable lean and fat, trimmed to 0° fat, choice, cooked, grilled 9.66 0.10 23127 Becf. chuck, short fats, boncless, separable lean and fat, trimmed to 0° fat, choice, cooked, grilled 9.66 0.10 23128 Becf. chuck, short fats, boncless, separable lean and fat, trimmed to 0° fat, select, cooked, grilled 9.66 0.10 23129 Becf. chuck, short fats, boncless, separable lean and fat, trimmed to 0° fat, select, cooked, grilled 9.61 0.12 23131 Becf. chuck, under blade steak, boncless, separable lean and fat, trimmed to 0° fat, select, cooked, braised 9.56 0.07 23116 Becf. chuck, under blade steak, boncless, separable lean and fat, trimmed to 0° fat, select, cooked, braised 9.55 0.07 23117 Becf. chuck, under blade steak, boncless, separable lean and fat, trimmed to 0° fat, all grades, cooked, braised 9.55 0.07	23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	9.88	0.12
1500 Berf, shoulder top blade steak, bomeless, separable lean only, trimmed to 0" fat, chroice, cooked, grilled 9.85 0.14 1500 Berf, shoulder top blade steak, bomeless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled 9.78 0.08 1521 Berf, chuck saye roast, bomeless, America's Berf Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 9.73 0.10 1522 Berf, chuck saye roast, bomeless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 9.71 0.15 1526 Berf, ribey cap steak, bomeless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled 9.71 0.15 1526 Berf, ribey cap steak, bomeless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled 9.71 0.15 1526 Berf, shoulder top blade steak, bomeless, separable lean only, trimmed to 0" fat, choice, cooked, grilled 9.71 0.15 1526 Berf, shoulder top blade steak, bomeless, separable lean only, trimmed to 0" fat, choice, cooked, grilled 9.76 0.15 1521 Berf, chuck, under blade center steak, bomeless, Desparable lean and fat, trimmed to 0" fat, choice, cooked, grilled 9.66 0.11 1522 Berf, chuck, shoulder (bot, both dish, bomeless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 9.66 0.10 1523 Berf, chuck, which blade steak, separable lean and fat, trimmed to 0" fat, select, cooked, prilled 9.61 0.12 1524 Berf, chuck, under blade steak, bomeless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9.61 0.12 1524 Berf, chuck, under blade steak, bomeless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9.50 0.07 1525 Berf, chuck, under blade steak, bomeless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9.51 0.09 1526 Berf, chuck, under blade steak, bomeless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9.52 0.09 1526 Berf, shoulder pot mast, homeless, se	23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	9.85	0.11
1850 Beef, shoulder top blade steak, honeless, squarable kan only, trimmed to 0" fat, all grades, cooked, grilled 9,82 0,13 0,08 2,12 2	13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	9.85	0.11
18821 Beef, chuck, sport pisks, homeless, America's Beef Rosast, separable lean only, trimmed to 0" fat, all grades, cooked, praised 9,73 0.10	13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	9.85	0.14
23125 Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 9,73 0,10	13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	9.82	0.13
Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE 9.72 1.41	13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	9.73	0.08
22266 Beef, riboye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled 9,71 0,15	23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	9.73	0.10
1862 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 9,71 0.11	25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	9.72	1.41
23267 Beef, ribeye cap steak, boncless, separable lean only, trimmed to 0" fat, choice, cooked, grilled 9,67 0,15 23106 Beef, chuck, under blade center steak, boncless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 9,66 0,11 23126 Beef, chuck, short ribs, boncless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 9,63 3,23 23044 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9,59 0,10 23118 Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9,59 0,10 13823 Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, braised 9,55 0,07 23116 Beef, chuck eye roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9,55 0,07 23116 Beef, chuck under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 9,55 0,09 25004 Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON CHUCKTH BAR 9,55 - 25005 Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON CHUCKTH BAR 9,55 0,12 <t< td=""><td>23266</td><td>Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled</td><td>9.71</td><td>0.15</td></t<>	23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	9.71	0.15
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, chuck, short fibs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9,64 0,10 Baking chocolate, unsweetened, squares Beef, chuck, short older clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 9,61 0,12 23044 Beef, chuck, suder blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, praised 9,59 0,10 13823 Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9,56 0,07 23116 Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9,55 0,09 25004 Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chevy Chocolate Peanut Bar 23082 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9,55 -23082 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9,53 0,12 23117 Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9,53 0,12 23117 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 9,53 0,12 23083 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 9,48 0,13 13650 Beef, shoulder pot potast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9,30 1,34 137 13811 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9,28 0,09 23133 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9,28 0,19 23131 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9,24 0,13 23132 Beef, shoulder pot roast, bonel	13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	9.71	0.11
23126 Beef, chuck, short ribs, boncless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 9.64 0.10 19078 Baking chocolate, unsweetened, squares 9.63 3.23 23044 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 9.61 0.12 23118 Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9.56 0.07 23116 Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, braised 9.55 0.09 25004 Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar 9.55 - 25005 Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR 9.55 - 23082 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, eloc, cooked, braised 9.53 0.12 23117 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 9.52 0.09 13598 Beef, shoulder pot plade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 9.44 0.13 23081 Beef, shoulder p	23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	9.67	0.15
Baking chocolate, unsweetened, squares 23044 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 23118 Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 3823 Beef, chuck under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 2504 Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar 2505 Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR 2506 Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 2507 Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 2508 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 2508 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 2508 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 2508 Beef, shoulder pot toast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 2508 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 2508 Beef, shoulder pot pot ast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 2508 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 2508 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 2508 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 2508 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 2509 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 2509 Beef, shoulder pot roast, boneless, sep	23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	9.66	0.11
Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9,59 0,10 Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9,59 0,10 Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 9,55 0,07 Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 9,55 0,09 Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 9,55 0,09 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 9,55 0,09 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 9,48 0,12 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 9,48 0,13 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 9,40 0,13 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 9,40 0,13 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 9,40 0,13 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 9,39 0,14 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9,28 0,12 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9,28 0,12 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9,24 0,13 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9,24 0,13 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 9,24 0,14 Beef, shoulder pot roast, boneless, separable lean	23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	9.64	0.10
Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9,59 0.10 Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, troasted 9,56 0.07 Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 9,55 0.09 Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar 9,55 Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 9,55 0.12 Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 9,55 0.09 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, praised 9,55 0.09 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 9,44 0.13 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 9,44 0.13 Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled 9,40 0.13 Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled 9,40 0.13 Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 9,30 0.14 Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 9,28 0.09 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9,28 0.09 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9,28 0.12 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9,24 0.13 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9,24 0.13 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select,	19078	Baking chocolate, unsweetened, squares	9.63	3.23
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, traised Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Source of the cooking of th	23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	9.61	0.12
Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 9,55 Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar 9,55 Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR 9,55 23082 Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 9,53 0,12 23117 Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 9,52 0,09 13598 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 9,48 0,12 23083 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 9,44 0,13 13650 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 9,40 0,13 23081 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 9,39 0,14 13381 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9,28 0,09 23133 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9,28 0,12 23131 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9,28 0,12 23131 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9,28 0,12 23132 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 9,24 0,13 23099 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 9,09 0,	23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	9.59	0.10
Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar 5,555 Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR 5,555 Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 5,53 5,12 23117 Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 5,52 5,09 13598 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 5,48 5,12 23083 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 5,44 5,55 6,57 6,57 7,57 8,57	13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	9.56	0.07
Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 9.53 0.12 23117 Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 9.52 0.09 13598 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 9.48 0.12 23083 Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 9.44 0.13 13650 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 9.40 0.13 23081 Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 9.39 0.14 16067 Hyacinth beans, mature seeds, raw 9.30 1.34 13381 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9.28 0.09 23133 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9.28 0.12 23131 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 9.24 0.13 23192 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 9.20 0.14 23099 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 9.21 23136 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 9.22 0.14 23099 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 9.09 0.08 23136 Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	9.55	0.09
Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 9.53 0.12 23117 Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 9.52 0.09 13598 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 9.48 0.12 23083 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 9.44 0.13 13650 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 9.40 0.13 23081 Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 9.39 0.14 16067 Hyacinth beans, mature seeds, raw 9.30 1.34 13381 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9.28 0.09 23133 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9.28 0.12 23131 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 9.24 0.13 23099 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 9.07 0.08	25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	9.55	
23082Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised9.530.1223117Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised9.520.0913598Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled9.480.1223083Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised9.440.1313650Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled9.400.1323081Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised9.390.1416067Hyacinth beans, mature seeds, raw9.301.3413381Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised9.280.0923133Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised9.280.1223131Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised9.240.1323099Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised9.140.0923136Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised9.070.08	25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	9.55	
Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 9.48 0.12 23083 Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 9.44 0.13 13650 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 9.40 0.13 23081 Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 9.39 0.14 16067 Hyacinth beans, mature seeds, raw 9.30 1.34 13381 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9.28 0.09 23133 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9.28 0.12 23131 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 9.24 0.13 23132 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 9.22 0.14 23099 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 9.09 0.08	23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	9.53	0.12
Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9.07 0.08	23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	9.52	0.09
Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised Hyacinth beans, mature seeds, raw 9.30 1.34 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9.28 0.09 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9.28 0.12 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 9.24 0.13 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 9.22 0.14 2309 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 9.20 0.10 0.00 Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 9.07 0.08	13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	9.48	0.12
Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised Hyacinth beans, mature seeds, raw 9.30 1.34 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9.28 0.09 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9.28 0.12 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 9.24 0.13 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 9.24 0.14 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 9.20 0.14 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 9.14 0.09 Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9.07 0.08	23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	9.44	0.13
Hyacinth beans, mature seeds, raw Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9.07 0.08	13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	9.40	0.13
Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9.28 0.09 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9.28 0.12 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 9.24 0.13 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 9.24 0.14 23132 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 9.29 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 9.29 Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9.07 0.08	23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	9.39	0.14
Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9.28 0.12	16067	Hyacinth beans, mature seeds, raw	9.30	1.34
Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9.24 0.13	13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	9.28	0.09
Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9.22 0.14 0.09 0.08	23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	9.28	0.12
Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 9.14 0.09 Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9.07 0.08	23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	9.24	0.13
Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised 9.07 0.08	23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	9.22	0.14
	23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	9.14	0.09
Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 9.05	23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	9.07	0.08
	23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	9.05	0.13

1380 Beef, chack cyc County-Style ribs, beacless, separable lean and fut, trimmed to 0° fat, choice, cooked, braised 9.95 0.08 23815 Beef, chack cyc County-Style ribs, beacless, separable lean and fut, trimmed to 0° fat, choice, cooked, broised 8.92 0.11 13906 Beef, chack, top blade, separable lean only, trimmed to 0° fat, choice, cooked, broised 8.92 0.11 13976 Beef, chack, top blade, separable lean only, trimmed to 0° fat, choice, cooked, broised 8.92 0.11 2314 Beef, chack cyc Dullos, separable lean only, trimmed to 0° fat, choice, cooked, broised 8.91 0.09 2342 Beef, chack cyc Seak, broncless, separable lean and fat, trimmed to 0° fat, select, cooked, grilled 8.73 0.44 2342 Beef, chack cyc Seak, broncless, separable lean and fat, trimmed to 0° fat, choice, cooked, grilled 8.73 0.14 23523 Beef, chack cyp blade, separable lean and fat, trimmed to 0° fat, choice, cooked, grilled 8.73 0.14 2354 Beef, chack cyp blade, separable lean and fat, trimmed to 0° fat, choice, cooked, grilled 8.73 0.14 2354 Beef, chack cyp blade, separable lean and fat, trimmed to 0° fat, choice, cooked, grilled 8.73 0.17 2354 Beef, chack cyp bla	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
1956 Sect. chuck, top blade, separable lear only, trimmed to 0° fat, all grades, cocked, braided 8.92 0.11 1956 Sect. chuck, top blade, separable lear only, trimmed to 0° fat, ester, cocked, broided 8.92 0.11 1918 Sect. chuck, top blade, separable lear only, trimmed to 0° fat, select, cocked, broided 8.92 0.11 1918 Sect. chuck, top select, separable lear only trimmed to 0° fat, select, cocked, braised 8.91 0.09 1908 Spices, cherril, dried 8.87 0.01 1918 Sect. chuck, top select, shoulder clock, top blade, stacks, separable lear and fat, trimmed to 0° fat, select, cocked, grilled 8.77 0.14 1918 Sect. chuck, shoulder clock, top blade, stacks, separable lear and fat, trimmed to 0° fat, choice, cocked, grilled 8.77 0.14 1918 Sect. chuck, top blade, separable lear and fat, trimmed to 0° fat, choice, cocked, grilled 8.77 0.17 1918 Sect. chuck, top blade, separable lear and fat, trimmed to 0° fat, choice, cocked, grilled 8.77 0.17 1918 Sect. chuck, top blade, separable lear and fat, trimmed to 0° fat, choice, cocked, grilled 8.71 0.07 1919 Sect. chuck, top blade, separable lear and fat, trimmed to 0° fat, ellipsed, cocked, grilled 8.88 0.08 1910 Lanth, domestic, foreshank, separable lear and fat, trimmed to 0° fat, all grades, cocked, grilled 8.88 0.08 1930 Sect. chuck, up blade, separable lear and fat, trimmed to 0° fat, all grades, cocked, grilled 8.86 0.13 1930 Sect. chuck, up blade, separable lear and fat, trimmed to 0° fat, all grades, cocked, braised 8.65 0.13 1933 Game man, however, foreshank, separable lear and fat, trimmed to 18° fat, choice, cocked, braised 8.65 0.13 1933 Game man, however, foreshank, separable lear and fat, trimmed to 0° fat, all grades, cocked, braised 8.61 0.13 1933 Sect. chuck, blade roast, separable lear and fat, trimmed to 0° fat, select, cocked, grilled 8.61 0.13 1933 Sect. chuck, blade roast, separable lear and fat, trimmed to 0° fat, select, cock	13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	9.05	0.08
1986 Beef, chuck, top blade, separable lean only, trimmed to 0° fat, choice, cooked, broiled 8.92 0.11 1997 Reef, chuck, top blade, separable lean only, trimmed to 0° fat, select, cooked, broiled 8.91 0.09 1938 Reef, chuck, top blade, separable lean and fat, trimmed to 0° fat, select, cooked, praised 8.80 0.44 23142 Reef, chuck, deep steads, boncless, separable lean and fat, trimmed to 0° fat, choice, cooked, grilled 8.78 0.07 23142 Reef, chuck, deep steads, boncless, separable lean and fat, trimmed to 0° fat, choice, cooked, grilled 8.78 0.01 23143 Beef, chuck, top blade, separable lean and fat, trimmed to 0° fat, choice, cooked, grilled 8.78 0.01 23144 Beef, chuck, top blade, separable lean and fat, trimmed to 0° fat, choice, cooked, proiled 8.70 0.01 23149 Reef, chuck, top blade, separable lean and fat, trimmed to 0° fat, choice, cooked, proiled 8.70 0.01 23149 Reef, chuck, top blade, separable lean and fat, trimmed to 0° fat, choice, cooked, proiled 8.70 0.01 23140 Reef, chuck, up blade, separable lean and fat, trimmed to 0° fat, select, cooked, grilled 8.68 0.01 23140 Reef, chuck, up stead, boncless, separable lean and fat, trimmed to 0° fat, select, cooked, grilled 8.68 0.01 23140 Reef, chuck, up stead, boncless, separable lean and fat, trimmed to 0° fat, select, cooked, grilled 8.68 0.01 23151 Reef, chuck, up on blade, separable lean and fat, trimmed to 0° fat, select, cooked, broiled 8.69 0.01 23161 Reef, chuck, up on blade, separable lean and fat, trimmed to 0° fat, select, cooked, broiled 8.69 0.01 23173 Game ment, teer, shoulder chul, separable lean and fat, trimmed to 0° fat, select, cooked, broiled 8.69 0.01 23184 Reef, chuck, blade roast, separable lean and fat, trimmed to 0° fat, select, cooked, prilled 8.69 0.01 23185 Reef, chuck, blade roast, separable lean and fat, trimmed to 0° fat, select, roaw 8.61 0.01 23197 Reef, chuck, blade roast, separable lean and	23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	8.93	0.10
1967 Becf. chack, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled 8.92 0.01 23134 Becf. chack, eye Country-Sycje risk, benečese, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 8.91 0.09 23142 Becf. chack, eye steah, bonebess, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 8.78 0.07 23042 Becf. chack, shoulder clast, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 8.77 0.14 23144 Becf. chack, eye steat, bonebess, separable lean and fat, trimmed to 0" fat, choice, cooked, proiled 8.76 0.11 23144 Becf. chack, eye roast, boneless, America's Becf Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted 8.74 0.07 23349 Becf. chack, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, proiled 8.73 0.11 23440 Becf. chack, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, proiled 8.68 0.08 23452 Becf. chack, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, proiled 8.68 0.08 23452 Becf. chack, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, proiled 8.68 0.11 23400 Becf. chack, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled 8.68 0.11 23401 Becf. chack, bop blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled 8.68 0.11 23402 Becf. chack, blade roast, separable lean on fat, trimmed to 0" fat, select, cooked, proiled 8.69 0.01 23414 Becf. chack, blade roast, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 8.61 0.01 23415 Becf. chack, top side, fat, blade roast, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 8.62 0.15 23416 Becf. chack eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 8.62 0.15 23417 Becf. chack eye steak, boneless, sepa	23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	8.92	0.11
Sec. Charles Sys Country-Style ribs, boacless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 8.80 0.44	13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	8.92	0.11
02008 Spices, chervil, dried 8,80 0.44 23142 Berl, chuck, eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 8,77 0.04 23042 Beef, chuck, tyo phlade, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 8,76 0.11 23231 Beef, chuck, tyo phlade, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted 8,74 0.07 23549 Beef, chuck, tyo phlade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broaded 8,73 0.11 1408 Beer, chuck, tyo phlade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broaded 8,72 1.16 2340 Beer, chuck, tyo photein powder isolate 8,72 1.16 2340 Beer, chuck, tyo phade, separable lean and fat, trimmed to 0" fat, select, cooked, broaded 8,68 0.08 2342 Beef, chuck, blade roats, separable lean and fat, trimmed to 0" fat, select, cooked, braised 8,66 0.13 13820 Beef, chuck, blade roats, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 8,61 0.21 17346 Game meat, deer, shoulder clud, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 8,62 0.23	13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	8.92	0.11
Beef, chuck, sposteals, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 8.78 0.07	23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	8.91	0.09
23042 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 8.77 0.14 23523 Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, trosted 8.76 0.11 23144 Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 8.73 0.11 14088 Beerd, chuck cye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 8.87 1.16 23440 Beef, chuck cye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 8.88 0.08 23452 Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled 8.66 0.13 1800 Beef, chuck, vey steak, boneless, separable lean only, trimmed to 1%" fat, select, cooked, broiled 8.66 0.13 1820 Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, select, cooked, broiled 8.65 0.13 1820 Beef, chuck, shoulder clod, separable lean only, cooked, broiled 8.66 0.21 1834 Beer, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled 8.62 0.05 2324 Beef, chuck eye steak,	02008	Spices, chervil, dried	8.80	0.44
Beef, chuck, top blade, separable lean and fat trimmed to 0" fat, choice, cooked, broiled 8.76 0.11	23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	8.78	0.07
23114 Beef, chuck ye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted 8.73 0.11 23549 Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 8.72 1.16 14058 Beverages, Whey protein powder isolate 8.68 0.018 23140 Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled 8.68 0.018 23525 Beef, chuck, top blade, separable lean and fat, trimmed to 1" fat, select, cooked, braised 8.66 0.13 17010 Lamb, domestic, foreshank, separable lean and fat, trimmed to 1" fat, select, cooked, braised 8.65 0.13 13820 Beef, chuck, blade roast, separable lean and fat, trimmed to 1" fat, select, cooked, braised 8.65 0.13 13331 Game ment, deer, shoulder clod, separable lean only, cooked, braised 8.64 0.21 17346 Game ment, deer, shoulder clod, separable lean only, cooked, braised 8.63 0.018 23258 Beef, loin, top sirioni filet, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 8.63 0.01 43205 Beef, fouck spe steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, brais	23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	8.77	0.14
23549 Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 8.72 1.16 14088 Beverages, Whey protein powder isolate 8.72 1.16 23140 Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 8.68 0.01 17010 Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broised 8.66 0.13 13820 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised 8.65 0.13 17333 Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised 8.64 0.21 17344 Game, meat, deer, shoulder clod, separable lean only, cooked, braised 8.64 0.21 23141 Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 8.63 0.08 23248 Beef, louck, blade roast, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 8.62 0.15 33379 Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, select, raw 8.5 0.13 23292 Beef, plou loin petite roast/fiet, boneless, separable lean and fat, trimmed to 10" fat, select, raw 8.5	23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	8.76	0.11
1058 Beverages, Whey protein powder isolate 8.72 1.16	23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	8.74	0.07
23140 Recf., chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 8.68 0.11	23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	8.73	0.11
23252 Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled 8.68 0.11 17010 Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised 8.66 0.13 13820 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised 8.65 0.13 17333 Game meat, dison, chuck, shoulder clod, separable lean only, cooked, braised 8.64 0.22 17346 Game meat, deer, shoulder clod, separable lean only, cooked, braised 8.64 0.28 23141 Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 8.62 0.15 13379 Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, select, cooked, grilled 8.55 1.12 23079 Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, select, raw 8.54 0.07 23292 Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw 8.5 0.13 23113 Beef, chuck eye roast, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 8.47 0.11 23113 Beef, chuck eye roast, boneless, America's Beef Roast, separab	14058	Beverages, Whey protein powder isolate	8.72	1.16
17010 Lamb, domestic, foresbank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised 8.66 0.13 13820 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised 8.65 0.13 17333 Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised 8.64 0.21 17346 Game meat, deer, shoulder clod, separable lean only, cooked, braised 8.63 0.08 23141 Beef, chuck on the sk, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 8.63 0.08 23258 Beef, bluck, blade roast, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 8.62 0.15 13379 Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, select, raw 8.55 0.13 43205 Beverage, instant breakfast powder, chocolate, not reconstituted 8.55 0.13 23292 Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw 8.50 0.13 23166 Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 8.48 0.07 23091 Beef, chuck eye roast, boneless, separable lean and fat, trimmed to 0" fat, select, c	23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	8.68	0.08
13820 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised 8.65 0.13 17333 Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised 8.64 0.21 17346 Game meat, deer, shoulder clod, separable lean only, cooked, braised 8.64 0.28 23141 Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 8.63 0.08 23258 Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled 8.62 0.15 13379 Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised 8.58 0.13 23079 Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw 8.55 1.42 23079 Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled 8.49 0.07 2316 Beef, plate steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 8.49 0.11 23113 Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 8.47 0.12 26014 CAMPBELL'S Red	23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	8.68	0.11
17333 Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised 8.64 0.21 17346 Game meat, deer, shoulder clod, separable lean only, cooked, braised 8.64 0.28 23141 Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 8.63 0.08 23258 Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled 8.62 0.15 13379 Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised 8.58 0.13 43205 Beverage, instant breakfast powder, chocolate, not reconstituted 8.55 0.13 23079 Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw 8.50 0.01 23292 Beef, plaie steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 8.49 0.11 23113 Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted 8.48 0.07 23091 Beef, chuck for stew, separable lean and fat, select, cooked, braised 8.47 06014 CAMPBELL'S Red and White, Broccoil Cheese Soup, condensed <	17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	8.66	0.13
17346 Game meat, deer, shoulder clod, separable lean only, cooked, braised 8.64 0.28 23141 Beef, chuck eye steak, boncless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 8.63 0.08 23258 Beef, loin, top sirloin filet, boncless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 8.62 0.15 13379 Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 8.58 0.13 43205 Beverage, instant breakfast powder, chocolate, not reconstituted 8.55 1.42 23079 Beef, chuck eye steak, boncless, separable lean only, trimmed to 1/8" fat, select, raw 8.54 0.07 23292 Beef, top loin petitic roast/filet, boncless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled 8.49 0.11 23113 Beef, chuck eye roast, boncless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 8.49 0.12 23091 Beef, chuck for stew, separable lean and fat, select, cooked, braised 8.47 0.12 06014 CAMPBELL'S Red and White, Brocoli Cheese Soup, condensed 8.47 - 06215 CAMPBELL'S, 88% Fat Free Broccoli Cheese Soup, condensed 8.43	13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	8.65	0.13
23141 Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 8.63 0.08 23258 Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled 8.62 0.15 13379 Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 8.58 0.13 43205 Beverage, instant breakfast powder, chocolate, not reconstituted 8.55 1.42 23079 Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw 8.54 0.07 23292 Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw 8.50 0.13 23113 Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 8.49 0.11 23091 Beef, chuck for stew, separable lean and fat, trimmed to 0" fat, select, cooked, praised 8.47 0.12 06014 CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed 8.47 - 06215 CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed 8.47 - 13946 Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised<	17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	8.64	0.21
23258 Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled 8.62 0.15 13379 Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 8.58 0.13 43205 Beverage, instant breakfast powder, chocolate, not reconstituted 8.55 1.42 23079 Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw 8.54 0.07 23292 Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw 8.50 0.13 23166 Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled 8.49 0.11 23113 Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted 8.48 0.07 23091 Beef, chuck for stew, separable lean and fat, select, cooked, braised 8.47 0.12 06014 CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed 8.47 - 06215 CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed 8.47 - 13946 Beef, shoulder steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, braised	17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	8.64	0.28
13379 Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 8.58 0.13 43205 Beverage, instant breakfast powder, chocolate, not reconstituted 8.55 1.42 23079 Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw 8.54 0.07 23292 Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw 8.50 0.13 23116 Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 8.49 0.11 23113 Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted 8.48 0.07 23091 Beef, chuck for stew, separable lean and fat, select, cooked, braised 8.47 0.12 06014 CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed 8.47 - 06215 CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed 8.47 - 13946 Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled 8.43 0.11 23633 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised 8	23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	8.63	0.08
Beverage, instant breakfast powder, chocolate, not reconstituted 8.55 1.42 23079 Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw 8.54 0.07 23292 Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw 8.50 0.13 23166 Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled 8.49 0.11 23113 Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted 8.48 0.07 23091 Beef, chuck for stew, separable lean and fat, select, cooked, braised CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed 8.47 06215 CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed 8.49 0.11 23633 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, grilled 8.40 0.10 23633 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised 8.41 0.13 23078 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 8.41 0.07 13816 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 8.41 0.07	23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	8.62	0.15
23079Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw8.540.0723292Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw8.500.1323166Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled8.490.1123113Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted8.480.0723091Beef, chuck for stew, separable lean and fat, select, cooked, braised8.470.1206014CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed8.4706215CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed8.4713946Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled8.430.1023633Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised8.430.1123271Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw8.420.1323078Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw8.410.0713816Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised8.410.13	13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	8.58	0.13
Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted Beef, chuck for stew, separable lean and fat, select, cooked, braised CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	43205	Beverage, instant breakfast powder, chocolate, not reconstituted	8.55	1.42
Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted Beef, chuck for stew, separable lean and fat, select, cooked, braised CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, chuck, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	8.54	0.07
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted 8.48 0.07 Beef, chuck for stew, separable lean and fat, select, cooked, braised 8.47 0.12 CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed 8.47 CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed 8.47 13946 Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled 8.43 0.10 23633 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised 8.43 0.11 23271 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw 8.42 0.13 23078 Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 8.41 0.07 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 8.41 0.07	23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	8.50	0.13
Beef, chuck for stew, separable lean and fat, select, cooked, braised CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed 8.47 CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed 8.47 CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed 8.47 Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled 8.43 0.10 23633 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised 8.43 0.11 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw 8.42 0.13 Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 8.41 0.07 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 8.41 0.13	23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	8.49	0.11
CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed 8.47 13946 Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled 8.43 0.10 23633 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised 8.43 0.11 23271 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw 8.42 0.13 23078 Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 8.41 0.07 13816 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 8.41 0.13	23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	8.48	0.07
CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed 8.47 13946 Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled 8.43 0.10 23633 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised 8.43 0.11 23271 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw 8.42 0.13 23078 Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 8.41 0.07 13816 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 8.41 0.13	23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	8.47	0.12
Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 8.43 0.11 0.13	06014	CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed	8.47	
Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised 8.43 0.11 23271 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw 8.42 0.13 23078 Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 8.41 0.07 13816 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 8.43 0.11	06215	CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed	8.47	
Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 8.41 0.13	13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	8.43	0.10
Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 8.41 0.07 13816 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 8.41 0.13	23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	8.43	0.11
Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 8.41 0.13	23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	8.42	0.13
	23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	8.41	0.07
Soup, oyster stew, canned, condensed 8.40 1.30	13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	8.41	0.13
	06048	Soup, oyster stew, canned, condensed	8.40	1.30

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	8.39	0.07
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	8.38	0.11
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	8.33	0.11
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	8.32	0.12
23501	USDA Commodity, beef patties with VPP, frozen, cooked	8.32	0.25
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	8.32	0.12
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	8.29	0.07
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	8.27	0.12
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	8.27	0.10
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	8.25	0.08
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	8.25	0.06
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	8.24	0.07
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	8.24	0.11
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	8.23	0.12
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	8.21	0.06
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	8.20	0.13
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	8.19	0.10
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	8.19	0.11
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	8.17	0.10
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	8.15	0.08
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	8.14	0.08
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	8.14	0.11
19002	Snacks, beef jerky, chopped and formed	8.11	0.23
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	8.09	0.11
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	8.06	0.13
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	8.06	0.14
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	8.06	0.09
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	8.06	0.11
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	8.04	0.10
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	8.03	0.11
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	8.01	0.10
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	8.00	0.12
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	8.00	0.09
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	8.00	0.09
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	7.98	0.12
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	7.95	0.10

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
18375	Leavening agents, yeast, baker's, active dry	7.94	0.44
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	7.94	0.14
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	7.93	0.08
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	7.93	0.09
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	7.93	0.12
02033	Spices, poppy seed	7.90	1.63
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	7.90	0.16
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	7.90	0.10
17200	Lamb, variety meats and by-products, liver, cooked, braised	7.89	7.07
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	7.87	0.14
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	7.87	0.14
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	7.87	0.15
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	7.86	0.09
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	7.85	0.08
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	7.84	0.10
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	7.83	0.12
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	7.83	0.11
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	7.83	0.12
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	7.83	0.12
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	7.82	0.12
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	7.82	0.12
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	7.82	0.08
12014	Seeds, pumpkin and squash seed kernels, dried	7.81	1.34
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	7.81	0.10
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	7.81	0.11
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	7.80	0.14
35009	Whale, beluga, meat, dried (Alaska Native)	7.80	0.32
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	7.80	0.30
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	7.80	0.11
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	7.79	0.08
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	7.79	0.12
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	7.79	0.14
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	7.78	0.22
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	7.76	0.08
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	7.76	0.12
12023	Seeds, sesame seeds, whole, dried	7.75	4.08

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	7.74	0.07
01137	Egg, yolk, dried	7.73	0.00
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	7.72	0.32
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	7.70	0.60
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	7.69	0.36
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	7.69	0.12
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	7.69	0.12
11268	Mushrooms, shiitake, dried	7.66	5.16
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	7.66	0.07
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	7.65	0.10
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	7.64	1.28
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	7.64	1.28
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	7.63	0.10
15137	Crustaceans, crab, alaska king, cooked, moist heat	7.62	1.18
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	7.61	0.12
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	7.61	0.11
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	7.60	0.14
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	7.58	0.08
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	7.58	0.07
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	7.55	0.10
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	7.54	0.06
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	7.53	0.09
11230	Pepeao, dried	7.52	5.07
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	7.52	0.06
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	7.52	0.13
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	7.51	0.08
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	7.50	0.77
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	7.50	0.08
08305	Cereals ready-to-eat, Post, Waffle Crisp	7.50	0.20
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	7.50	0.25
02006	Spices, cardamom	7.47	0.38
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	7.47	0.08
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	7.47	0.12
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	7.46	0.10
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	7.46	0.10
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	7.46	0.10

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	7.44	0.09
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	7.44	0.11
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	7.43	0.13
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	7.43	0.10
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	7.41	0.09
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	7.41	0.11
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	7.40	0.08
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	7.39	0.12
17132	Veal, shoulder, blade, separable lean only, cooked, braised	7.39	0.17
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	7.38	0.22
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	7.36	0.06
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	7.32	0.08
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	7.30	0.06
05026	Chicken, heart, all classes, cooked, simmered	7.30	0.50
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	7.30	0.30
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	7.30	0.15
12169	Seeds, sesame butter, paste	7.29	4.21
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	7.27	0.42
20077	Wheat bran, crude	7.27	1.00
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	7.26	0.06
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	7.25	0.11
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	7.23	0.09
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	7.23	0.12
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	7.21	0.10
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	7.20	0.21
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	7.19	0.10
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	7.18	0.09
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	7.18	0.47
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	7.18	
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	7.17	0.21
12024	Seeds, sesame seeds, whole, roasted and toasted	7.16	2.47
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	7.15	0.11
01223	Protein supplement, milk based, Muscle Milk, powder	7.14	1.00
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	7.14	0.46
14033	Beverages, ABBOTT, EAS whey protein powder	7.14	1.00
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	7.13	0.07

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	7.12	0.09
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	7.12	0.21
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	7.12	0.13
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	7.11	0.10
02003	Spices, basil, dried	7.10	2.10
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	7.09	0.09
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	7.09	0.14
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	7.09	0.09
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	7.09	0.09
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	7.09	0.13
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	7.07	0.07
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	7.07	0.10
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	7.06	0.11
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	7.05	0.10
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	7.05	0.08
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	7.05	0.10
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	7.05	0.16
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	7.04	0.07
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	7.02	0.08
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	7.01	0.21
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	7.00	0.09
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	7.00	0.09
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	7.00	0.10
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	7.00	0.16
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	7.00	0.16
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	6.99	0.10
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	6.99	0.10
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	6.99	0.07
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	6.99	0.07
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	6.98	0.07
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	6.98	0.10
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	6.98	0.12
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	6.97	0.09
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	6.97	0.09
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	6.97	0.20
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	6.97	0.10

1287 Lamb, Australian, Imported, Froch, Forchank, separable Isan and fit, trimmed to 18° fit, cooked, braised 6.96 0.12 1369 Beef, shoulder per roast or stack, broules, separable Isan only, trimmed to 16° fit, elect. ruw 6.94 0.08 13287 Beef, shoulder per roast or stack, broules, separable Isan only, trimmed to 16° fit, choice, row 6.93 0.08 23490 Beef, ground, 97% Isan mear 18° fit, food, but de 6.93 0.03 13755 Beef, Forkleit, fith Inff, separable Isan and fit, trimmed to 18° fit, a select, cooked, braised 6.92 0.09 1386 Beef, Frielder, fith Inff, separable Isan and fit, trimmed to 10° fit, all grades, cooked, braised 6.93 0.02 2410 Beef, Acceptable, fith Inff, separable Isan and fit, trimmed to 10° fit, all grades, cooked, braised 6.88 0.02 2410 Beef, Acceptable, fith Inff, separable Isan and fit, trimmed to 0° fit, all grades, cooked, braised 6.88 0.02 2411 Beef, Acceptable, fith Inff, separable Isan and fit, trimmed to 0° fit, all grades, traw 6.88 0.02 2412 Beef, Shoulder por coast or stack, brouless, separable Isan and fit, trimmed to 0° fit, all grades, traw 6.83 0.02 2412 Beef, Shoulder por coast or stack, bro	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
13227 Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	6.96	0.12
2580 Boof, ground, 978 lean mear / 3% fiat, loof, cooked, baked 6.04 0.08 02007 Spices, celey seed 6.93 1.37 1355 Beef, brisket, fiat half, separable lean only, trimmed to 0° fat, all grades, cooked 6.91 0.09 1356 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0° fat, all grades, cooked 6.91 0.09 1358 Beef, brisket, fat half, separable lean only, trimmed to 0° fat, all grades, cooked 6.89 0.12 2359 Beef, brisket, whole, separable lean only, trimmed to 0° fat, all grades, cook 6.89 0.07 2399 Beef, chuck, aboulder ock, aboulder see, separable lean and fat, trimmed to 0° fat, select, rase 6.88 0.12 2312 Beef, chuck, arm por troats, separable lean and fat, trimmed to 0° fat, select, cooked, braised 6.37 0.12 13812 Beef, chuck, arm por troats, separable lean and fat, trimmed to 0° fat, select, cooked, braised 6.89 0.07 13947 Beef, select, arm por troats, separable lean and fat, trimmed to 0° fat, choice, cooked, prilled 6.81 0.07 23941 Beef, druked, amaly select, aboulder, shoulder, shoulder	13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	6.95	0.08
00007 Spiess, celary seed 6.93 1.37 13005 Beel, brisket, liab half, separable lean and fat, trimmed to 18" fat, select, cooked 6.91 0.09 13364 Beel, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked 6.91 0.09 13368 Beel, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised 6.89 0.07 23410 Beef, Swe Zealand, imported, flands, separable lean and fat, trimmed to 0" fat, all grades, raw 6.88 0.02 2312 Beef, shoulder pot roast or steak, boncless, separable lean and fat, trimmed to 0" fat, select, rawk 6.88 0.08 33375 Beef, shoulder, por roast or steak, boncless, separable lean and fat, trimmed to 0" fat, select, rawk 6.87 0.09 13412 Beef, shoulder pot roast or steak, boncless, separable lean and fat, trimmed to 0" fat, all grades, raw 6.87 0.02 1342 Beef, shoulder pot roast or steak, boncless, separable lean and fat, trimmed to 0" fat, chick, expectable lean and fat, trimmed to 0" fat, chick, expectable lean and fat, trimmed to 0" fat, chick, expectable lean and fat, trimmed to 0" fat, chick, expectable lean and fat, trimmed to 0" fat, chick, expectable lean and fat, trimmed to 0" fat, chick, expectable lean and fat, trimmed to 0" fat, chick, expectable lean and fat, trimmed to 0" fat, chick, expectable lean and fat, trim	13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	6.94	0.07
1305 Beef, brisket, flat half, separable leam and flat, trimmed to US" flat, select, cooked, braised 6.92 0.09 13364 Beef, brisket, wholes, separable leam and flat, trimmed to O' flat, all grades, cooked, braised 6.89 0.12 0.09 0.09 0.00	23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	6.94	0.08
1364 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked. 6.91 0.09 1368 Beef, New Zealant, improved, Ilank, separable lean only, trimmed to 0" fat, all grades, cooked, braised 6.89 0.12 23410 Beef, New Zealant, improved, Ilank, separable lean and fat, trimmed to 0" fat, all grades, raw 6.88 0.12 23112 Beef, chuck, shoulder pot most or steak, bouchess, separable lean and fat, trimmed to 0" fat, all grades, raw 6.88 0.08 13375 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, elect, cooked, braised 6.87 0.09 13812 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, elect, cooked, braised 6.87 0.12 13647 Beef, shoulder pot most or steak, brueless, separable lean and fat, trimmed to 0" fat, all grades, raw 6.86 0.07 13822 Beef, shoulder pot most or steak, brueless, separable lean and fat, trimmed to 0" fat, choice, cooked, printed 6.86 0.07 23051 Beef, ground, 95% lean mear / 5% fat, forf, cooked, baked 6.86 0.02 23052 Beef, cromposite of trimmed to 0" fat, trimmed to 0" fat, choice, cooked, grilled 6.85 0.09 23051 Beef, cromposite of	02007	Spices, celery seed	6.93	1.37
1388 Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised 6.89 0.07 23410 Beef, New Zealand, imported, Ilank, separable lean and fat, trimmed to 0" fat, all grades, raw 6.88 0.12 23112 Beef, shoulder pot roast or steak, boncless, separable lean and fat, trimmed to 0" fat, select, craw 6.88 0.08 23375 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised 6.87 0.02 231812 Beef, shoulder, pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised 6.87 0.12 231812 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1" fat, all grades, raw 6.86 0.07 23614 Beef, shoulder, pot mast or steak, boncless, separable lean and fat, trimmed to 1" fat, all grades, raw 6.86 0.07 23624 Beef, shoulder pot mast or steak, boncless, separable lean and fat, trimmed to 1" fat, choice, cooked, braised 6.86 0.08 23634 Beef, chuck, about deer, chuck assembly as	13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	6.92	0.09
Beef, New Zealand, imported, flank, separable lean only, cooked, braised 6.89 0.07	13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	6.91	0.09
23059 Beef, chuck, shoulder tod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw 6.88 0.08 23112 Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw 6.88 0.08 13875 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1%" fat, choice, cooked, braised 6.87 0.12 13647 Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 1%" fat, choice, cooked, braised 6.86 0.07 17052 Lanth, domestic, shoulder, blade, separable lean and fat, trimmed to 1%" fat, choice, cooked, braised 6.86 0.12 23038 Beef, chuck, shoulder top, and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 6.85 0.09 23031 Beef, composite of trimmed rettail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 6.85 0.09 23042 Beef, ground, kmckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 6.84 0.09 23051 Beef, ground, wcckle, tip select, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 6.84 0.00 23062 Beef, ground, wcckle, tip select, steak, separable lean and, trimmed to 0" fat, all grades, cooked, grilled	13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	6.89	0.12
23112 Beef, shoulder pot roast or staak, honeless, separable lean and fat, trimmed to 0" fat, select, row 6.88 0.08 13375 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised 6.87 0.12 13812 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1"s" fat, choice, cooked, braised 6.86 0.07 13647 Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 1"s" fat, choice, cooked, braised 6.86 0.02 17052 Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1"s" fat, choice, cooked, braised 6.86 0.08 23038 Beef, ground, 95% lean mean / 5% fat, loaf, cooked, baked 6.86 0.08 23031 Beef, composite of trimmed treatil cuts, separable lean and fat, trimmed to 0" fat, choice, cooked 6.85 0.09 23031 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked 6.84 0.10 23062 Beef, round, knuckle, tip seet, seek, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 6.84 0.09 23565 Beef, ground, 90% lean mear / 10% fat, crumbles, cooked, pan-browned 6.84 0.09 23565 Beef, fround, knuckle, tip center,	23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	6.89	0.07
1375 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised 6.87 0.09 13812 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1%" fat, choice, cooked, braised 6.87 0.12 13647 Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 1%" fat, all grades, raw 6.86 0.07 13642 Lamb, domestic, shoulder both separable lean and fat, trimmed to 1%" fat, choice, cooked, braised 6.86 0.08 23561 Beef, ground, 95% lean mear / 5% fat, loaf, cooked, baked 6.86 0.08 23038 Beef, chuck, shoulder tool, shoulder tool and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 6.85 0.10 23031 Beef, composite of trimmed treatil cuts, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 6.84 0.10 23062 Beef, ground, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 6.84 0.10 23062 Beef, ground, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 6.84 0.10 23062 Beef, ground, 90% lean mear / 10% fat, crumbles, cooked, pan-browned 6.84 0.10 23063 Beef, ground, 90% lean mear / 10% fat, crumbles, cooked, grilled 6.84 0.10 23064 Beef, ground, shoulder total cuts, separable lean only, trimmed to 0" fat, select, cooked 6.83 0.10 23065 Beef, ground, shoulder por trimmed to 0" fat, select, cooked 6.84 0.10 23066 Beef, ground, 90% lean mear / 10% fat, crumbles, cooked, praised 6.84 0.10 23067 Beef, ground, shoulder por toast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 6.81 0.11 23068 Beef, shoulder por toast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 6.81 0.11 23068 Cereals ready-to-eat, dEnRAL MILLS, BASIC 4 6.80 0.35 23276 Beef, fibye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roaste	23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	6.88	0.12
13812 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised 6.87 0.12 13647 Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw 6.86 0.07 17052 Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised 6.86 0.08 23038 Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 6.85 0.10 13365 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked 6.85 0.09 23011 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 6.84 0.10 23062 Beef, ground, shuckle, tip center, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled 6.84 0.09 3366 Beef, ground, shuckle, tip center, steak, separable lean only, trimmed to 0" fat, select, cooked 6.81 0.10 13366 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked 6.82 0.36 0850 Cereals ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS 6.82 0.91 13	23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	6.88	0.08
13647 Beef, shoulder por roast or stak, boncless, separable lean only, trimmed to 0" fat, all grades, raw 6.86 0.07 17052 Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised 6.86 0.12 23561 Beef, ground, 95% lean meat /5% fat, loaf, cooked, baked 6.86 0.08 23038 Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked 6.85 0.09 23031 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 6.84 0.10 23062 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 6.84 0.09 23565 Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned 6.84 0.10 13666 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked 6.83 0.10 13666 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked, grilled 6.83 0.10 13667 Beef, downposite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked, for select, cooked, fat, select, cooked, fat, select, fat, select, fat, select, fat, boulder, pot roast or steak,	13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	6.87	0.09
17052 Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised 6.86 0.12 23561 Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked 6.86 0.08 23038 Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 6.85 0.09 23031 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 6.84 0.10 23062 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 6.84 0.09 23565 Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned 6.84 0.10 13366 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked 6.83 0.10 13565 Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned 6.84 0.10 1366 Beef, ground, sow, book lean fat, trimmed to 0" fat, select, cooked 6.81 0.10 1366 Beef, ground, sow, book lean fat, book lean f	13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	6.87	0.12
23561 Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked 6.86 0.08 23038 Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 6.85 0.10 13365 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked, grilled 6.84 0.10 23031 Beef, round, knuckle, tip seider, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 6.84 0.10 23062 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 6.84 0.10 23062 Beef, ground, 9% lean meat / 10% fat, crimbles, cooked, pan-browned 6.84 0.10 13366 Beef, ground, 9% lean meat / 10% fat, crimbles, cooked, pan-browned 6.83 0.10 13366 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked 6.83 0.10 08500 Cereals ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS 6.82 0.91 14557 Beverages, chocolater lavor beverage mix for milk, powder, with added nutrients 6.81 0.07 08673 Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS 6.81	13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	6.86	0.07
23038 Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 6.85 0.09 23031 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 6.84 0.10 23032 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 6.84 0.09 23565 Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned 6.84 0.10 13366 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked 6.83 0.10 13366 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked 6.82 0.36 14557 Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients 6.82 0.91 08673 Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS 6.81 0.07 17279 Veal, shank (fore and hind), separable lean only, trimmed to 0" fat, choice, raw 6.81 0.11 19165 Cocoa, dry powder, unsweetened 6.81 0.11 08262 Cereals ready-to-eat, GENERAL MILLS, BASIC 4 6.80 0.33	17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	6.86	0.12
13365 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked 6.85 0.09 23031 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 6.84 0.09 23565 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 6.84 0.09 23565 Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned 6.84 0.10 13366 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked 6.83 0.10 08500 Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS 6.82 0.36 14557 Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients 6.82 0.91 08673 Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS 6.81 0.7 13648 Beef, shoulder pot roast or steak, boncless, separable lean only, trimmed to 0" fat, choice, raw 6.81 0.07 17279 Veal, shank (fore and hind), separable lean only, cooked, braised 6.81 0.11 19165 Cocoa, dry powder, unsweetened 6.81 0.10 08262	23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	6.86	0.08
23031 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 6.84 0.09 23062 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 6.84 0.09 23565 Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned 6.83 0.10 13366 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked 6.83 0.10 08500 Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS 6.82 0.36 14557 Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients 6.82 0.91 08673 Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS 6.81 13648 Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 6.81 0.07 17279 Veal, shank (fore and hind), separable lean only, cooked, braised 6.81 0.11 19165 Cocoa, dry powder, unsweetened 6.81 0.10 23276 Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted 6.81 0.13 08262	23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	6.85	0.10
23062 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 6.84 0.09 23565 Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned 6.84 0.10 13366 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked 6.83 0.10 08500 Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS 6.82 0.36 14557 Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients 6.82 0.91 08673 Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS 6.81 13648 Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 6.81 0.07 17279 Veal, shank (fore and hind), separable lean only, cooked, braised 6.81 0.11 19165 Cocoa, dry powder, unsweetened 6.81 0.11 08262 Cereals ready-to-eat, GENERAL MILLS, BASIC 4 6.80 0.33 08599 Cereals ready-to-eat, GENERAL MILLS, BASIC 4 6.80 0.33 08668 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS 6.80 0.36	13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	6.85	0.09
23565 Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned 6.84 0.10 13366 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked 6.83 0.10 08500 Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS 6.82 0.36 14557 Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients 6.82 0.91 08673 Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS 6.81 13648 Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 6.81 0.07 17279 Veal, shank (fore and hind), separable lean only, cooked, braised 6.81 0.11 19165 Cocoa, dry powder, unsweetened 6.81 0.10 23276 Beef, ribeye petitic roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted 6.81 0.10 08262 Cereals ready-to-eat, GENERAL MILLS, BASIC 4 6.80 0.33 08599 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS 6.80 0.36 08668 Cereals ready-to-eat, GENERAL mills, FiBER ONE, Nutty Clusters & amp; Almonds 6.8	23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	6.84	0.10
13366 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked 6.83 0.10 08500 Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS 6.82 0.36 14557 Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients 6.82 0.91 08673 Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS 6.81 13648 Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 6.81 0.07 17279 Veal, shank (fore and hind), separable lean only, cooked, braised 6.81 0.11 19165 Cocoa, dry powder, unsweetened 6.81 0.10 23276 Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted 6.81 0.10 08262 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS 6.80 0.36 08668 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & amp; Almonds 6.80 0.31 17243 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised 6.80 0.13 23000 Beef, shoulder po	23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	6.84	0.09
08500 Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS 6.82 0.36 14557 Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients 6.82 0.91 08673 Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS 6.81 13648 Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 6.81 0.07 17279 Veal, shank (fore and hind), separable lean only, cooked, braised 6.81 0.11 19165 Cocoa, dry powder, unsweetened 6.81 0.10 08262 Cereals ready-to-eat, GENERAL MILLS, BASIC 4 6.80 0.33 08599 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS 6.80 0.36 08668 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & amp; Almonds 6.80 0.36 17243 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised 6.80 0.13 23000 Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw 6.78 0.08 23475 Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	6.84	0.10
14557 Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients 6.82 0.91 08673 Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS 6.81 13648 Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 6.81 0.07 17279 Veal, shank (fore and hind), separable lean only, cooked, braised 6.81 0.11 19165 Cocoa, dry powder, unsweetened 6.81 3.79 23276 Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted 6.81 0.10 08262 Cereals ready-to-eat, GENERAL MILLS, BASIC 4 6.80 0.33 08599 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS 6.80 0.36 08668 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & amp; Almonds 6.80 17243 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised 6.80 0.13 23000 Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw 6.78 0.08 23475 Beef, ground, 93% lean	13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	6.83	0.10
Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 6.81 0.07 17279 Veal, shank (fore and hind), separable lean only, cooked, braised 6.81 0.11 19165 Cocoa, dry powder, unsweetened 6.81 3.79 23276 Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted 6.81 0.10 08262 Cereals ready-to-eat, GENERAL MILLS, BASIC 4 6.80 0.33 08599 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS 6.80 0.36 08668 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Samp; Almonds 17243 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised 6.80 0.13 23000 Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw 6.78 0.08	08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	6.82	0.36
Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Veal, shank (fore and hind), separable lean only, cooked, braised 6.81 0.11 19165 Cocoa, dry powder, unsweetened 6.81 3.79 23276 Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted 6.81 0.10 08262 Cereals ready-to-eat, GENERAL MILLS, BASIC 4 6.80 0.33 08599 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS 6.80 0.36 08668 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & amp; Almonds 17243 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised 23000 Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw 6.78 0.08	14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	6.82	0.91
Veal, shank (fore and hind), separable lean only, cooked, braised Cocoa, dry powder, unsweetened Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted 6.81 0.10 08262 Cereals ready-to-eat, GENERAL MILLS, BASIC 4 08599 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS 08668 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & demp; Almonds 17243 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised 23000 Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw 6.78 0.08 0.09 0.11 0.11 0.11 0.12 0.12 0.13 0.14 0.15 0.15 0.15 0.15 0.15 0.15 0.17 0.18 0.18 0.19 0.1	08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	6.81	
19165 Cocoa, dry powder, unsweetened 6.81 3.79 23276 Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted 6.81 0.10 08262 Cereals ready-to-eat, GENERAL MILLS, BASIC 4 6.80 0.33 08599 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS 6.80 0.36 08668 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & amp; Almonds 6.80 17243 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised 6.80 0.13 23000 Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw 6.78 0.07 23475 Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked 6.80 0.08	13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	6.81	0.07
Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted 6.81 0.10 08262 Cereals ready-to-eat, GENERAL MILLS, BASIC 4 6.80 0.33 08599 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS 6.80 0.36 08668 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Description of the state of t	17279	Veal, shank (fore and hind), separable lean only, cooked, braised	6.81	0.11
Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS 6.80 0.36 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & D.36 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & D.36 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised 6.80 0.13 23000 Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw 6.78 0.08 6.79 0.09	19165	Cocoa, dry powder, unsweetened	6.81	3.79
Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS 6.80 0.36 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Description of the Cereal Stready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Description of the Cereal Stready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Description of the Cereal Stready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Description of the Cereal Stready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Description of the Cereal Stready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Description of the Cereal Stready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Description of the Cereal Stready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Description of the Cereal Stready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS 6.80 6.	23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	6.81	0.10
Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds 6.80 17243 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised 6.80 0.13 23000 Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw 6.78 0.07 23475 Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked 6.78 0.08	08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	6.80	0.33
Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised Each of the c	08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	6.80	0.36
Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised Each of the shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Each of the shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Each of the shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Each of the shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Each of the shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Each of the shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Each of the shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Each of the shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Each of the shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Each of the shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Each of the shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Each of the shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Each of the shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Each of the shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Each of the shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Each of the shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Each of the shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Each of the shoulder pot roast or steak,	08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	6.80	
Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked 6.78 0.08	17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	6.80	
	23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	6.78	0.07
Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised 6.73	23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	6.78	0.08
	23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	6.73	0.06

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
12201	Seeds, sesame seed kernels, dried (decorticated)	6.73	1.40
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	6.73	0.12
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	6.72	0.63
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	6.72	0.07
19859	Cocoa, dry powder, hi-fat or breakfast, plain	6.70	3.61
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.70	3.61
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	6.70	0.30
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	6.69	0.10
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	6.67	0.12
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	6.66	0.10
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	6.65	0.15
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	6.65	0.08
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	6.65	0.08
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	6.64	0.19
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	6.63	0.11
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	6.62	0.12
16096	Peanuts, virginia, oil-roasted, with salt	6.62	1.27
16396	Peanuts, virginia, oil-roasted, without salt	6.62	1.27
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	6.62	0.09
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	6.60	0.26
14067	Beverages, Protein powder soy based	6.60	2.62
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	6.60	0.14
05025	Chicken, heart, all classes, raw	6.59	0.35
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	6.59	0.15
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	6.58	0.14
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	6.58	0.12
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	6.56	0.09
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	6.56	0.98
17339	Game meat, elk, ground, cooked, pan-broiled	6.56	0.14
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	6.53	0.09
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	6.50	0.09
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	6.50	0.09
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	6.48	0.13
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	6.48	0.11
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	6.47	0.11
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	6.45	0.10

2559 Heaf, granud, 55% lean mear / 35% fat, barl, conteels, barked 6.45 0.08 15217 Nate, pine must, street 6.45 0.128 12147 Nate, pine must, street 6.45 0.128 12147 Nate, pine must, street 6.45 0.128 12147 Iamb, New Zealand, imported, live shard, separable lean and Li, conteal, brained 6.45 0.028 12147 Beef, granud, 95% lean mear / 75% fat, pasty, conked, brained 6.41 0.08 25373 Beef, granud, 95% lean mear / 75% fat, pasty, conked, brained 6.61 0.09 23474 Beef, granud, 95% lean mear / 75% fat, pasty, conked, park-broaded 6.60 0.00 23475 Beef, granud, 95% lean mear / 75% fat, pasty, conked, park-broaded 6.00 0.00 23476 Beef, drawk, clod or composite of cuts, conked, tomated 6.00 0.00 15397 Beef, drawk, clod or conk, separable lean only, trimmed to 0° fat, select croaked, rousted 6.30 0.10 23414 Beef, drawk, clod or conk, separable lean only, trimmed to 124° fat, glands, conked, transed 6.33 0.13 23541 Beef, drawk, clod or conk, separable lean only,	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
1214 Nut., pine mist, chied 6.45 1.32 1706 Lamb, New Zealand, imported, fore-shank; separable lean and fat, cooked, braised 6.45 0.12 1816 Lamb, New Zealand, imported, fore-shank; separable lean and fat, cooked, braised 6.41 0.018 1825 Red. plast seats, brotless, inside skirt, separable lean and fat, trimmed to 10° fat, select, row 6.44 0.018 1825 Red. ground, 95% lean meat 7% fat, patry, cooked, broised 6.41 0.019 1847 Red. ground, 95% lean meat 7% fat, patry, cooked, prosted 6.40 0.019 1847 Red. ground, 95% lean meat 7% fat, patry, cooked, prosted 6.40 0.019 1847 Red. ground, 95% lean meat 7% fat, patry, cooked, partoward 6.40 0.019 1848 Red. ground, 95% lean meat 20% fat, charable lean only, trimmed to 0° fat, choice, cooked, roasted 6.40 0.019 1849 Red., chuck, clod roast, separable lean only, trimmed to 0° fat, choice, cooked, roasted 6.39 0.10 1851 Red., chuck, clod roast, separable lean only, trimmed to 1° fat, all grodes, cooked, roasted 6.39 0.10 1851 Red., chuck, clod roast, separable lean only, trimmed to 1° fat, all grodes, cooked, roasted 6.39 0.10 1851 Red., chuck, clod roast, separable lean only, trimmed to 1° fat, all grodes, cooked, roasted 6.39 0.10 1852 Red., chuck, clod roast, separable lean only, trimmed to 1° fat, all grodes, cooked, roasted 6.39 0.10 1853 Red., foreat, clod roast, separable lean only, trimmed to 1° fat, all grodes, cooked, roasted 6.39 0.10 1854 Red., foreat, clod roast, separable lean only, trimmed to 1° fat, all grodes, cooked, praised 6.37 0.01 1854 Red., foreat, clod roast, separable lean only, trimmed to 1° fat, choice, cooked, fraison 6.37 0.01 1854 Red., ground, 90% lean meat 1° fat, fat, grodes, cooked, groded 6.31 0.01 1854 Red., ground, 90% lean meat 1° fat, fat, grodes, cooked, groded 6.31 0.01 1854 Red., ground, 90% lean meat 1° fat, fat, grodes, cooked, groded 6.31	23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	6.45	0.09
1709 Lamb, New Zealand, imported, fore-shank, separable lean and fat, conked, braised 0.18 0.0	23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	6.45	0.08
23167 Rest, plate steal, humdos, invide skirt, separable lean only, trimmed in 0° fat, subset, row 6.44 0.08 23588 Rest, gound, 95% lean meal 7% fat, patty, cooked, broiled 6.41 0.09 24747 Beef, ground, 95% lean meal 7% fat, patty, cooked, broiled 6.40 0.09 23474 Beef, ground, 80% lean meal 7% fat, patty, cooked, pan-browned 6.40 0.09 23575 Beef, ground, 80% lean meal 70% fat, cramber, cooked, pan-browned 6.40 0.09 13937 Beef, chuck, clod roast, separable lean only, trimmed to 0° fat, choice, cooked, roasted 6.39 0.10 13940 Rest, chuck, clod roast, separable lean only, trimmed to 1° fat, choice, cooked, roasted 6.39 0.10 23151 Beef, chuck, clod roast, separable lean only, trimmed to 1° fat, solect, cooked, masted 6.39 0.10 23152 Beef, broad, clod roast, separable lean only, trimmed to 1′4° fat, all grades, cooked, masted 6.39 0.10 23357 Deef, broad, clod roast, separable lean only, trimmed to 1′4° fat, choice, cooked, masted 6.39 0.10 23363 Beef, chuck, clod roast, separable lean only, trimmed to 1′4° fat, choice, cooked, brained 6.37 0.12 23564	12147	Nuts, pine nuts, dried	6.45	1.32
Beef, ground, 95% lean meat / 75% fat, patty, cooked, braited 6.43 0.10	17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	6.45	0.12
2373 Beef, ground, 93% lean meat /7% fat, patty, cooked, brailed 6.41 0.09 23747 Beef, ground, 95% lean meat /7% fat, patty, cooked, pan-broiled 6.40 0.09 23757 Beef, ground, 95% lean meat /7% fat, crumbles, controlled, combols, pan-browned 6.40 0.09 17937 Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted 6.39 0.10 23941 Beef, chuck, clod roast, separable lean only, trimmed to 1" fat, all grades, cooked, roasted 6.39 0.10 23514 Beef, chuck, clod roast, separable lean only, trimmed to 10" fat, all grades, cooked, masted 6.30 0.10 23515 Beef, chuck, clod roast, separable lean only, trimmed to 10" fat, all grades, cooked, masted 6.30 0.10 23514 Beef, chuck, clod roast, separable lean only, trimmed to 10" fat, all grades, cooked, masted 6.30 0.10 23515 Beef, chuck, clod roast, separable lean only, cooked, fat roasted 6.37 0.10 23516 Beef, chuck, clod roast, separable lean only, cooked, fat roasted 6.37 0.61 2552 Beef, chuck, clod cook, closed,	23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	6.44	0.08
2374 Beef, ground, 90% lean meat /7% fat, patty, cooked, pan-broiled 6.40 0.09 2375 Beef, ground, 80% lean meat /20% fat, crumbles, cooked, pan-browed 6.40 0.09 1793 Game meat, beefalo, composite of cuts, cooked, roasted 6.59 0.10 13940 Beef, chuck, clod roast, separable lean only, trimmed to 0° fat, cloice, cooked, roasted 6.59 0.10 23914 Beef, chuck, clod roast, separable lean only, trimmed to 10° fat, all grades, cooked, roasted 6.59 0.10 23915 Beef, chuck, clod roast, separable lean only, trimmed to 10° fat, all grades, cooked, roasted 6.39 0.10 23916 Beef, See, See, See, See, See, See, See,	23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	6.43	0.10
23575 Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned 6.40 ————————————————————————————————————	23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	6.41	0.09
17153 Game meat, beefalo, composite of cuts, cooked, roasted 6.40 - 17373 Beef, chuck, clod roast, separable lean only, trimmed to 0° fat, choice, cooked, roasted 6.39 0.10 17384 Beef, chuck, clod roast, separable lean only, trimmed to 0° fat, all grades, cooked, roasted 6.39 0.10 17385 Beef, chuck, clod roast, separable lean only, trimmed to 1° fat, all grades, cooked, roasted 6.39 0.10 17385 Beef, chuck, clod roast, separable lean only, trimmed to 1° fat, all grades, cooked, roasted 6.39 0.10 17385 Beef, New Zealand, imported, bolar blade, separable lean only, trimmed to 1° fat, all grades, cooked, roasted 6.37 0.10 17386 Cocoa, dry powder, unwectenct, processed with alkali 6.37 0.09 17385 Beef, ground, 90% lean mear / 10% fat, patty, cooked, broiled 6.37 0.09 17385 Beef, cute, breakfast strips, cooked 16.37 0.09 17386 Beef, cute, breakfast strips, cooked 16.37 0.00 17386 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4° fat, choice, cooked, braised 6.37 0.12 17386 Beef, rough, processed, MALT-O-MEAL, Raisin Brara Cereal 6.36 0.51 17387 Desserts, remain, tablets, unsweetened 6.36 0.50 17386 Beef, rough, 90% lean mear / 10% fat, party, cooked, part-broiled 6.34 0.00 17389 Beef, rough, 90% lean mear / 10% fat, party, cooked, part-broiled 6.31 0.00 17389 Beef, rough, 90% lean mear / 10% fat, party, cooked, part-broiled 6.31 0.00 17389 Beef, rough, 90% lean mear / 10% fat, party, cooked, part-broiled 6.31 0.00 17389 Beef, rough, 90% lean mear / 10% fat, party, cooked, part-broiled 6.31 0.00 17399 Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8° fat, cooked, broiled 6.31 0.00 17391 Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8° fat, cooked, broiled 6.31 0.00 17392 Lamb, Australian, imported, fre	23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	6.40	0.09
1937 Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	6.40	0.09
13937 Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted 6.39 0.10 13940 Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted 6.39 0.10 23514 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted 6.39 0.10 2337 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted 6.37 3.61 23397 Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted 6.37 3.61 19166 Cocoa, dry powder, unsweetened, processed with alkalia 6.37 3.61 23253 Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled 6.37 0.02 13345 Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled 6.37 0.12 17036 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised 6.37 0.12 18222 Beef, ribey steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grained 6.34 0.08 13361 Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled 6.33 0.07 <td>17153</td> <td>Game meat, beefalo, composite of cuts, cooked, roasted</td> <td>6.40</td> <td></td>	17153	Game meat, beefalo, composite of cuts, cooked, roasted	6.40	
23514 Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 6.39 0.10 23515 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted 6.39 0.10 23397 Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted 6.38 0.13 1916 Cocoa, dry powder, unsweetened, processed with alkali 6.37 0.09 13345 Beef, ground, 90% lean meat / 10% fat, patry, cooked, broiled 6.37 0.12 13345 Beef, cured, breakfast strips, cooked 6.37 0.12 17036 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised 6.37 0.12 18225 Dessents, rennin, tablets, unswectened 6.36 0.51 18225 Dessents, rennin, tablets, unswectened 6.36 0.20 23227 Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 6.34 0.09 23564 Beef, ground, 90% lean meat / 10% fat, patry, cooked, pan-broiled 6.33 0.07 35232 Wocas, dried seeds, Oregon, yellow pond lily (Klamath) <	13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	6.39	
2515 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted 6.39 0.10 23397 Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted 6.38 0.13 19166 Cocoa, dry powder, unsweetened, processed with alkali 6.37 3.61 23563 Beef, ground, 90% lean meat / 10% fat, patry, cooked, broiled 6.37 0.09 13345 Beef, cured, breakfast strips, cooked 6.37 0.12 19036 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised 6.37 0.12 08484 Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal 6.36 0.51 19225 Deserts, rennin, tablets, unsweetened 6.36 0.20 23227 Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 6.34 0.09 23564 Beef, ground, 90% lean meat / 10% fat, patry, cooked, pan-broiled 6.33 0.07 17329 Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, cooked, broiled 6.31 0.05 08284 Cereals ready-to-eat, KELLOGG, KELLOGG	13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	6.39	0.10
23397 Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted 6.38 0.13 19166 Cocoa, dry powder, unsweetened, processed with alkali 6.37 3.61 23563 Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled 6.37 0.09 13345 Beef, cured, breakfast strips, cooked 6.37 0.12 17036 Lamb, donnestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised 6.37 0.12 08484 Cereals ready-to-ent, MALT-O-MEAL, Raisin Bran Cereal 6.36 0.51 19225 Desserts, reanin, tablets, unsweetened 6.36 0.20 23227 Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 6.34 0.08 23564 Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled 6.33 0.09 23523 Wocas, dried seeds, Oregon, yellow pond lily (Klamath) 6.33 0.09 17329 Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, cooked, broiled 6.31 0.05 08284 Cercals ready-to-cat, KELLOGG, KELLOGG S. Low Fat Granola with Raisins	23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	6.39	0.10
19166 Cocoa, dry powder, unsweetened, processed with alkali 6.37 3.61 23563 Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled 6.37 0.09 13345 Beef, cured, breakfast strips, cooked 6.37 0.12 17036 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised 6.36 0.51 18225 Desserts, reanin, tablets, unsweetened 6.36 0.20 23227 Beef, rib eye steak, boncless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked 6.34 0.08 13361 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked 6.34 0.09 23564 Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled 6.33 0.09 35232 Wocas, dried seeds, Oregon, yellow pond lily (Klamath) 6.33 0.07 17329 Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, cooked, broiled 6.31 0.05 23568 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled 6.31 0.05 08284 Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola wi	23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	6.39	0.10
23563 Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled 6.37 0.09 13345 Beef, cured, breakfast strips, cooked 6.37 0.12 17036 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised 6.37 0.12 08484 Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal 6.36 0.51 19225 Desserts, rennin, tablets, unsweetened 6.36 0.20 23227 Beef, ib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 6.34 0.08 13361 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked 6.34 0.09 23564 Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled 6.33 0.09 35232 Wocas, dried seeds, Oregon, yellow pond lily (Klamath) 6.33 0.07 17329 Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, cooked, broiled 6.31 0.05 25568 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled 6.31 0.08 08284 Cereals ready-to-eat, KELLOGG'S Low Fat Granola wit	23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	6.38	0.13
13345 Beef, cured, breakfast strips, cooked 6.37 0.12 17036 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised 6.37 0.12 08484 Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal 6.36 0.51 19225 Desserts, rennin, tablets, unsweetened 6.36 0.20 23227 Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 6.34 0.08 13361 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked 6.34 0.09 23564 Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled 6.33 0.007 13329 Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, cooked, broiled 6.31 0.05 23568 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled 6.31 0.05 23568 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled 6.31 0.08 08284 Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins 6.30 0.32 23502 USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked 6.28 0.14 13362 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked 6.27 0.09 23163 Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw 6.25 0.09 23566 Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked 6.24 0.08	19166	Cocoa, dry powder, unsweetened, processed with alkali	6.37	3.61
17036 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised 6.37 0.12 08484 Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal 6.36 0.51 19225 Desserts, rennin, tablets, unsweetened 6.36 0.20 23227 Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 6.34 0.08 13361 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked 6.34 0.09 23564 Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled 6.33 0.09 35232 Wocas, dried seeds, Oregon, yellow pond lily (Klamath) 6.33 0.07 17329 Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, cooked, broiled 6.31 0.05 23568 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled 6.31 0.05 23569 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled 6.31 0.05 23502 USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked 6.28 0.14 05021 Chicken, broilers or fryers, giblets, cooked, fried 6.27 0.09	23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	6.37	0.09
08484 Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal 6.36 0.51 19225 Desserts, rennin, tablets, unsweetened 6.36 0.20 23227 Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 6.34 0.08 13361 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked 6.34 0.09 23564 Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled 6.33 0.07 17329 Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, cooked, broiled 6.31 0.05 23568 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled 6.31 0.05 23568 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled 6.31 0.05 23568 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled 6.31 0.05 23568 Deef, ground bulk/coarse ground, frozen, cooked 6.28 0.14 05021 Chicken, broilers of fryers, giblets, cooked, fried 6.28 0.14 05021 Chicken, broilers of fryers, giblets, cooked, fried 6.27 0.09 <td>13345</td> <td>Beef, cured, breakfast strips, cooked</td> <td>6.37</td> <td>0.12</td>	13345	Beef, cured, breakfast strips, cooked	6.37	0.12
19225 Desserts, remin, tablets, unsweetened 6.36 0.20 23227 Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 6.34 0.08 13361 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked 6.34 0.09 23564 Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled 6.33 0.09 35232 Wocas, dried seeds, Oregon, yellow pond lily (Klamath) 6.33 0.07 17329 Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled 6.31 0.05 23568 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled 6.31 0.08 08284 Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins 6.30 0.32 23502 USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked 6.28 0.14 05021 Chicken, broilers or fryers, giblets, cooked, fried 6.27 0.42 13362 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked 6.27 0.09 23163 Beef, plate steak, boneless, inside ski	17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	6.37	0.12
23227 Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 6.34 0.08 13361 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked 6.34 0.09 23564 Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled 6.33 0.09 35232 Wocas, dried seeds, Oregon, yellow pond lily (Klamath) 6.33 0.07 17329 Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, cooked, broiled 6.31 0.05 23568 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled 6.31 0.08 08284 Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins 6.30 0.32 23502 USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked 6.28 0.14 05021 Chicken, broilers or fryers, giblets, cooked, fried 6.27 0.42 13362 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked 6.27 0.09 23163 Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw 6.26 0.09 23576 Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	6.36	0.51
13361 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked 6.34 0.09 23564 Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled 6.33 0.09 35232 Wocas, dried seeds, Oregon, yellow pond lily (Klamath) 6.33 0.07 17329 Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, cooked, broiled 6.31 0.05 23568 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled 6.31 0.08 08284 Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins 6.30 0.32 23502 USDA Commodity, beef, ground, bulk/coarse ground, frozen, cooked 6.28 0.14 05021 Chicken, broilers or fryers, giblets, cooked, fried 6.27 0.42 13362 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked 6.27 0.09 23163 Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw 6.25 0.09 23566 Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked 6.24 0.08	19225	Desserts, rennin, tablets, unsweetened	6.36	0.20
23564 Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled 6.33 0.09 35232 Wocas, dried seeds, Oregon, yellow pond lily (Klamath) 6.33 0.07 17329 Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled 6.32 0.13 01113 Whey, acid, dried 6.31 0.05 23568 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled 6.31 0.08 08284 Cereals ready-to-eat, KELLOGG'S Low Fat Granola with Raisins 6.30 0.32 23502 USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked 6.28 0.14 05021 Chicken, broilers or fryers, giblets, cooked, fried 6.27 0.42 13362 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked 6.27 0.09 23163 Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw 6.26 0.09 2356 Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked 6.24 0.08	23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	6.34	0.08
35232 Wocas, dried seeds, Oregon, yellow pond lily (Klamath) 6.33 0.07 17329 Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled 6.32 0.13 01113 Whey, acid, dried 6.31 0.05 23568 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled 6.31 0.08 08284 Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins 6.30 0.32 23502 USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked 6.28 0.14 05021 Chicken, broilers or fryers, giblets, cooked, fried 6.27 0.42 13362 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked 6.27 0.09 23163 Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw 6.26 0.09 23165 Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw 6.25 0.09 23576 Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked 6.24 0.08	13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	6.34	0.09
Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled 6.32 0.13 0.15 0.113 Whey, acid, dried 6.31 0.05 0.2568 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled 6.31 0.08 0.284 Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins 6.30 0.32 0.32 0.3502 USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked 6.28 0.14 0.5021 Chicken, broilers or fryers, giblets, cooked, fried 6.27 0.42 0.362 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked 0.27 0.09 0.3163 Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw 0.25 0.09 0.3576 Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked 0.08	23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	6.33	0.09
01113 Whey, acid, dried 6.31 0.05 23568 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled 6.31 0.08 08284 Cereals ready-to-eat, KELLOGG; KELLOGG; S Low Fat Granola with Raisins 6.30 0.32 23502 USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked 6.28 0.14 05021 Chicken, broilers or fryers, giblets, cooked, fried 6.27 0.42 13362 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked 6.27 0.09 23163 Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw 6.26 0.09 23165 Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw 6.25 0.09 23576 Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked 6.24 0.08	35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	6.33	0.07
Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled 6.31 0.08 08284 Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins 6.30 0.32 23502 USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked 6.28 0.14 05021 Chicken, broilers or fryers, giblets, cooked, fried 6.27 0.42 13362 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked 6.28 0.19 23163 Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw 6.26 0.09 23165 Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw 6.25 0.09 23576 Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	6.32	0.13
Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins Cusha Commodity, beef, ground bulk/coarse ground, frozen, cooked Chicken, broilers or fryers, giblets, cooked, fried Chicken, broilers or fryers, giblets, cooked, fried Each Composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked Each Composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw Each Composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw Each Composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked Each Composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked Each Composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked Each Composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked Each Composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked Each Composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked Each Composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked Each Composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked Each Composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked Each Composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked Each Composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked Each Composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked Each Composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked Each Composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked Each Composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked Each Composite of	01113	Whey, acid, dried	6.31	0.05
USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked Chicken, broilers or fryers, giblets, cooked, fried Chicken, broilers or fryers, giblets, cooked, fried Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked 6.28 0.14 0.42 0.55 0.09 0.09	23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	6.31	0.08
Chicken, broilers or fryers, giblets, cooked, fried 6.27 0.42 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked 6.27 0.09 Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw 6.26 0.09 Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw 6.25 0.09 Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked 6.24 0.08	08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	6.30	0.32
Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked 6.27 0.09 0.09 0.09	23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	6.28	0.14
Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked 6.25 0.09	05021	Chicken, broilers or fryers, giblets, cooked, fried	6.27	0.42
Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw 6.25 Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked 6.24	13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	6.27	0.09
23576 Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked 6.24 0.08	23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	6.26	0.09
	23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	6.25	0.09
Veal, shoulder, arm, separable lean only, cooked, braised 6.24 0.14	23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	6.24	0.08
	17126	Veal, shoulder, arm, separable lean only, cooked, braised	6.24	0.14

1724 1 carrb, dromatic, shouther, arms, separable lean and lat, irriment to 18° fat, choixe, conted, praised 6.23 0.148 1828 18et, in beye stack, borne in, lip-ox, separable lean and lit, irriment to 0° flat, choixes, conted, ransted 6.20 0.108 1821 19 18et, in beye stack, borne in, lip-ox, separable lean and lit, irriment to 0° flat, choixes, conted, trasted 6.20 0.08 1821 20 18et, in beye stack, borne in, lip-ox, separable lean and lat, irriment to 0° flat, select, conted, trasted 6.20 0.08 1821 20 18et, frank stack, bornetes, insick skirt, separable lean and lat, irriment to 0° flat, select, race 6.20 0.59 1822 20 20 20 20 20 20 20	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
23147 Beef, rib eye rout, bone-in, Ilp-on, separable lean only, trimmed to 18° fat, select, cooked, rousted 6.20 0.08	17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	6.24	0.14
	23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	6.23	0.08
19256 Rest, ground, 88% ham meat / 15% fat, patty, cooked, pan-brided 6.20 0.08 1988	23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	6.20	0.08
08489 Infant formula, MEAD JOHNSON, EN/AMIL, EN/ACRE LIPIL, with iron, powder, with ARA and DHA 6.20 0.59 17832 Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised 6.20 0.14 23220 Beel, ground, Jospecified fat content, cooked 6.19 0.08 23578 Beef, ground, 75% lean mear/ 25% fat, patry, cooked, broiled 6.18 0.62 0042 Spices, Univer, dried 6.18 0.62 3945 Infant formula, ABDOTT NUTRITION, SIMILAC, NEOSURE, porder, with ARA and DHA 6.18 0.62 23590 Beef, ground, 75% lean mear/ 25% fat, crumbles, cooked, pan-browned 6.17 0.08 23581 Beef, ground, 75% lean mear/ 25% fat, crumbles, cooked, pan-browned 6.16 0.10 23581 Beef, ground, 75% lean mear/ 25% fat, crumbles, cooked, pan-browned 6.16 0.10 23582 Beef, ground, 75% lean mear/ 25% fat, crumbles, cooked, pan-browned 6.16 0.10 23583 Beef, ground, 75% lean mear/ 25% fat, putry, cooked, broiled 6.14 0.08 13497 Beef, ground, 75% lean mear/ 25% fat, putry, cooked, broiled 6.14 0.08 13498<	23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	6.20	0.08
17382	23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	6.20	0.08
23220 Beef, ground, imported, fait content, cooked 6,19 0.08 23578 Beef, ground, 75% Ican mear / 25% fat, patry, conked, britied 6,19 0.08 02042 Spices, thyme, dried 6,18 0.86 03945 Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA 6,18 0.62 14066 Beverages, Protein powder whey based 6,18 0.05 23580 Beef, ground, 75% Ican mear / 25% fat, crumbles, cooked, pan-browned 6,16 0.00 23511 Beef, Abuck, Icol roast, separable lean and fat, trimmed to 0° fat, select, cooked, roasted 6,16 0.00 23416 Beef, They coast, bone-in, lip-on, separable lean only, trimmed to 18" fat, all grades, cooked, roasted 6,15 0.11 23416 Beef, brisket, point half, separable lean and fat, trimmed to 18" fat, all grades, cooked, braised 6,13 0.00 1398 Beef, brisket, point half, separable lean and fat, trimmed to 18" fat, choice, cooked, braised 6,13 0.08 23101 Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 18" fat, choice, cooked, braised 6,11 0.46 16060 Cowpeas, catiang, mature seeds, raw 6,10	03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	6.20	0.59
2578 Beef, ground, 75% lean meat / 25% fat, patry, cooked, broited 6.19 0.008 2024 Spiess, thyme, dried 6.18 0.86 03945 Infant formaln, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA 6.18 0.05 14066 Beveringes, Protein powder whey based 6.18 0.05 23580 Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pun-browned 6.17 0.08 23531 Beef, druck, clod roses, separable lean and fat, trimmed to 0° fat, select, cooked, roasted 6.16 0.10 23416 Beef, fine beye roast, bone-in, lip-on, separable lean only, troitined to 15% fat, all grades, cooked, roasted 6.15 0.11 13497 Beef, ground, 70% lean meat / 30% fat, patty, cooked, broited 6.14 0.07 13808 Beef, fisheskel, point half, separable lean only, trimmed to 15% fat, all grades, cooked, braised 6.13 0.10 23184 Beef, fib eye roast, bone-in, lip-on, separable lean only, trimmed to 15% fat, cloice, cooked, braised 6.11 0.06 23101 Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 15% fat, select, cooked, roasted 6.11 0.06 23180 Beef, rib eye roast, boneless, l	17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	6.20	0.14
02042 Spices, thyme, dried 6.18 0.86 03945 Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DIIA 6.18 0.62 14066 Beverages, Protein powder whey based 6.18 0.05 25580 Beef, ground, 75% lean meat 72% far, crumbles, cooked, pan-browned 6.17 0.08 23531 Beef, buck, clod roast, separable lean only, cooked, braised 6.16 0.10 23416 Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised 6.15 0.11 23146 Beef, five we Zealand, imported, hind shin, separable lean only, trimmed to 18" fat, all grades, cooked, roasted 6.14 0.07 13497 Beef, ground, 70% lean meat / 30% fat, party, cooked, braised 6.13 0.01 23184 Beef, rib, boke ribs, bone-in, separable lean only, trimmed to 18" fat, all grades, cooked, braised 6.13 0.01 23184 Beef, rib, boke ribs, bone-in, separable lean only, trimmed to 18" fat, all grades, cooked, braised 6.13 0.01 23180 Beef, rib poe roast, bone-in, separable lean only, trimmed to 18" fat, all grades, cooked, braised 6.11 0.06 23280 Beef, rib yee roast, bone-in, separable lean and fat	23220	Beef, ground, unspecified fat content, cooked	6.19	0.08
03945 Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA 6.18 0.62 14066 Beverages, Protein powder whey based 6.18 0.05 23580 Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned 6.17 0.08 23531 Beef, cluck, clod rost, separable lean and fat, trimmed to 0° fat, select, cooked, roasted 6.16 6.10 23416 Beef, fib eye roast, bonein, lip-on, separable lean only, crimmed to 18″ fat, all grades, cooked, roasted 6.14 0.08 13497 Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled 6.14 0.07 13808 Beef, fib eye roast, bonein, lip-on, separable lean only, trimmed to 18″ fat, all grades, cooked, traised 6.13 0.08 23101 Beef, fib, back ribs, bone-in, separable lean only, trimmed to 18″ fat, choice, cooked, braised 6.11 0.09 23101 Beef, fib, eye roast, bone-in, lip-on, separable lean only, trimmed to 18″ fat, choice, cooked, roasted 6.11 0.09 23100 Beef, fib, pack ribs, bone-in, separable lean and fat, trimmed to 18″ fat, choice, cooked, roasted 6.10 0.00 23265 Beef, fiby eye roast, boneless, lip-on, separable lean and fat, trimmed to 18″ fat, elect, row 6.10	23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	6.19	0.08
14066 Beverages, Protein powder whey based 6.18 0.05 25880 Beef, ground, 75% lean meat / 25% fait, crumbles, cooked, pan-browned 6.17 0.08 25831 Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted 6.16 0.10 251416 Beef, five & Zealand, imported, hind shin, separable lean only, trimmed to 18" fat, all grades, cooked, roasted 6.14 0.08 25146 Beef, fib eye roast, bone-in, lip-on, separable lean only, trimmed to 18" fat, all grades, cooked, braised 6.14 0.07 25180 Beef, fib eye roast, bone-in, lip-on, separable lean only, trimmed to 18" fat, all grades, cooked, braised 6.13 0.10 251814 Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 18" fat, choice, cooked, braised 6.11 0.09 251910 Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 18" fat, choice, cooked, roasted 6.11 0.46 25180 Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 0" fat, select, roasted 6.11 0.06 25265 Beef, rib eye roast, bone-in, separable lean only, trimmed to 0" fat, select, row 6.10 0.07 25198 Beef, rib eye roast, boneless, separable lean only, trimmed to 18" fat, choice, cooked, roasted 6.00 0.08 25265 Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 18" fat, all grades, cooked, roasted 6.00 0.08 25290 Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 18" fat, choice, cooked, roasted 6.00 0.08 25200 Beef, rib, beek ribs, bone-in, separable lean and fat, trimmed to 18" fat, choice, cooked, roasted 6.00 0.08 25201 Beef, rib, beek ribs, bone-in, separable lean and fat, trimmed to 18" fat, choice, cooked, roasted 6.00 0.00 25202 Beef, rib, beek ribs, bone-in, separable lean and fat, trimmed to 18" fat, choice, cooked, roasted 6.00 0.00 25203 Beef, rib, beek ribs, bone-in, separable lean and fat, trimmed to 18" fat, choice, cooked, roasted	02042	Spices, thyme, dried	6.18	0.86
23580 Beef, ground, 75% lean meat 25% fat, crumbles, cooked, pan-browned 6.17 0.08 25531 Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted 6.16 0.10 23416 Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised 6.15 0.11 23466 Beef, fib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted 6.14 0.08 13497 Beef, ground, 70% lean meat 30% fat, patty, cooked, broiled 6.13 0.01 13808 Beef, irib, back ribs, bone-in, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 6.13 0.08 23101 Beef, rib, eyer coast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted 6.11 0.09 23102 Parsley, freeze-dried 6.11 0.06 16060 Cowpeas, catjang, mature seeds, raw 6.11 0.06 23198 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw 6.10 0.08 23199 Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 6.09 0.08 23182 Bee	03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	6.18	0.62
2551 Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted 6.16 0.10 23416 Beef, New Zcaland, imported, hind shin, separable lean only, cooked, braised 6.15 0.11 23146 Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted 6.14 0.08 13497 Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled 6.13 0.10 13808 Beef, bribs, et, point half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised 6.13 0.00 23184 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, braised 6.11 0.09 23101 Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted 6.11 0.46 16060 Cowpeas, catjang, mature seeds, raw 6.11 0.06 23180 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw 6.10 0.07 23198 Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 6.09 0.08 23199 Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roaste	14066	Beverages, Protein powder whey based	6.18	0.05
23416 Beef, New Zealand, imported, hind shin, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted 6.14 0.08 13497 Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled 6.14 0.07 13808 Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 6.13 0.10 23184 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, braised 6.13 0.08 23101 Beef, rib, eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted 6.11 0.09 11625 Parsley, freeze-dried 6.11 0.46 16060 Cowpeas, catjang, mature seeds, raw 6.11 0.66 23180 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw 6.10 0.08 23180 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted 6.10 0.07 23180 Beef, rib, eye proast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 6.09 0.08 23198 Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 6.09 <	23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	6.17	0.08
23146 Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted 6.14 0.08 13497 Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled 6.14 0.07 13808 Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 6.13 0.10 23184 Beef, rib beyer toast, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, braised 6.11 0.08 23101 Beef, rib eyer toast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted 6.11 0.46 16060 Cowpeas, catjang, mature seeds, raw 6.11 1.06 23180 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw 6.10 0.08 23265 Beef, rib eyer toast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 6.09 0.08 23198 Beef, rib eyer toast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 6.09 0.08 23199 Beef, rib eyer toast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 6.09 0.08 23182 Beef, rib eye roast, boneless, lip-on, separable le	23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	6.16	0.10
13497 Beef, ground, 70% lean meat / 30% fat, patry, cooked, broiled 6.14 0.07 13808 Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 6.13 0.10 23184 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised 6.13 0.08 23101 Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted 6.11 0.46 11625 Parsley, freeze-dried 6.11 0.46 16060 Cowpeas, catjang, mature seeds, raw 6.11 1.06 23180 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw 6.10 0.03 23265 Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 6.00 0.08 23198 Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 6.09 0.08 23192 Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted 6.09 0.08 23182 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised 6.08 0.10<	23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	6.15	0.11
1808 Beef, rib; keep roint half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 6.13 0.10 23184 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised 6.11 0.09 11625 Parsley, freeze-dried 6.11 0.46 16060 Cowpeas, catjang, mature seeds, raw 6.11 1.06 23180 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised 6.10 0.08 23265 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw 6.10 0.07 23198 Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, traised 6.10 0.07 23199 Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted 6.09 0.08 23199 Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 6.09 0.08 23182 Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted 6.09 0.08 23182 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted 6.09 0.08 23182 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, roasted 6.09 0.08 23182 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised 6.08 0.08 23182 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised 6.08 0.10 23574 Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled 6.06 0.10 23574 Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled 6.06 0.10 23609 Beef, flank, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised 6.05 0.12 23609 Beef, flank, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised 6.05 0.10 236	23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	6.14	0.08
23184 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised 6.13 0.08 23101 Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted 6.11 0.09 11625 Parsley, freeze-dried 6.11 0.46 16060 Cowpeas, catjang, mature seeds, raw 6.11 1.06 23180 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw 6.10 0.08 23265 Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted 6.00 0.07 23198 Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 6.09 0.08 23199 Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted 6.09 0.08 23200 Beef, rib beye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted 6.09 0.08 23182 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised 6.08 0.04 6020 Spices, mustard seed, ground 6.08 0.10 17044 Lamb, domestic, shoulder, arm, separable lean on	13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	6.14	0.07
23101 Beef, rib eye roast, bone-in, lij-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted 6.11 0.09 11625 Parsley, freeze-dried 6.11 0.46 16060 Cowpeas, catjang, mature seeds, raw 6.11 1.06 23180 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised 6.10 0.08 23265 Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw 6.10 0.07 23198 Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 6.09 0.08 23199 Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 6.09 0.08 23182 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised 6.08 0.08 23182 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised 6.08 0.08 07912 Roast beef spread 6.08 0.04 17044 Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw 6.08 0.10 23574 Beef,	13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	6.13	0.10
11625 Parsley, freeze-dried 6.11 0.46 16060 Cowpeas, catjang, mature seeds, raw 6.11 1.06 23180 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised 6.10 0.08 23265 Beef, ribeye petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted 6.09 0.08 23198 Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 6.09 0.08 23200 Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted 6.09 0.08 23182 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised 6.08 0.08 02024 Spices, mustard seed, ground 6.08 0.64 07912 Roast beef spread 6.08 0.10 17044 Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/8" fat, choice, cooked, braised 6.08 0.14 17288 Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw 6.08 0.10 23574 Beef, ground, 80% lean meat / 20% fat, patty, c	23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	6.13	0.08
16060 Cowpeas, catjang, mature seeds, raw 6.11 1.06 23180 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised 6.10 0.08 23265 Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw 6.10 0.07 23198 Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted 6.09 0.08 23199 Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 6.09 0.08 23200 Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted 6.09 0.08 23182 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised 6.08 0.08 02024 Spices, mustard seed, ground 6.08 0.64 07912 Roast beef spread 6.08 0.10 17044 Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised 6.08 0.14 17288 Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw 6.08 0.01 2	23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	6.11	0.09
23180 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised 6.10 0.08 23265 Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw 6.10 0.07 23198 Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted 6.09 0.08 23199 Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 6.09 0.08 23200 Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted 6.09 0.08 23182 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised 6.08 0.08 02024 Spices, mustard seed, ground 6.08 0.60 07912 Roast beef spread 6.08 0.10 17044 Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised 6.08 0.14 17288 Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw 6.08 0.10 23574 Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled 6.06 0.10 19340 Sugars, maple <t< td=""><td>11625</td><td>Parsley, freeze-dried</td><td>6.11</td><td>0.46</td></t<>	11625	Parsley, freeze-dried	6.11	0.46
23265 Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw 6.10 0.07 23198 Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted 6.09 0.08 23199 Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 6.09 0.08 23200 Beef, rib, back ribs, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted 6.09 0.08 23182 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised 6.08 0.08 02024 Spices, mustard seed, ground 6.08 0.60 07912 Roast beef spread 6.08 0.10 17044 Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised 6.08 0.14 17288 Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw 6.08 0.10 23574 Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled 6.07 0.08 19340 Sugars, maple 6.06 0.10 1069 Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised 6.05	16060	Cowpeas, catjang, mature seeds, raw	6.11	1.06
Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised Beef, ground seed, ground Cooked, braised Beef, ground, some stic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised Beef, ground, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	6.10	0.08
Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted Beef, rib, beck ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised Beef, ground, bonestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised 6.08 0.10 0.08 0.10 0.08 0.10 0.08 0.10 0.08 0.10 0.08 0.10 0.08 0.10 0.08 0.10 0.08 0.10 0.08 0.10 0.08 0.10 0.08 0.10	23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	6.10	0.07
Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised Spices, mustard seed, ground Roast beef spread Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled Sugars, maple Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised 6.09 0.08 0.10 0.08 0.10 0.08 0.10 0.08	23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	6.09	0.08
Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised 6.08 0.08 0.09 Roast beef spread 6.08 0.10 17044 Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised 17288 Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw 6.08 0.10 23574 Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled 6.07 0.08 19340 Sugars, maple 6.06 0.10 Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised 6.05 0.12	23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	6.09	0.08
Spices, mustard seed, ground 6.08 0.64 07912 Roast beef spread 6.08 0.10 17044 Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised 6.08 0.14 17288 Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw 6.08 0.10 23574 Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled 6.07 0.08 19340 Sugars, maple 6.06 0.10 13069 Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised 6.05 0.12	23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	6.09	0.08
Roast beef spread Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled Sugars, maple Sugars, maple Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised 6.08 0.10 0.08 0.10	23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	6.08	0.08
Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled Sugars, maple Sugars, maple Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised 6.08 0.10 0.08 0.10 0.08	02024	Spices, mustard seed, ground	6.08	0.64
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw East of the separable lean only, trimmed to 1/8" fat, raw East of the separable lean only, trimmed to 1/8" fat, raw East of the separable lean only, trimmed to 1/8" fat, raw East of the separable lean only East of the separable lean	07912	Roast beef spread	6.08	0.10
Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled Sugars, maple Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised 6.07 0.08 0.10 0.10	17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	6.08	0.14
19340 Sugars, maple 6.06 0.10 13069 Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised 6.05 0.12	17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	6.08	0.10
Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised 6.05 0.12	23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	6.07	0.08
	19340	Sugars, maple	6.06	0.10
Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted 6.04	13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	6.05	0.12
	17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	6.04	0.11

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
20060	Rice bran, crude	6.04	0.73
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	6.04	0.10
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	6.04	0.08
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	6.03	0.08
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	6.01	0.08
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	6.01	0.09
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	6.01	0.15
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	6.00	0.38
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	6.00	0.38
05631	Emu, oyster, raw	6.00	0.19
12160	Seeds, cottonseed kernels, roasted (glandless)	6.00	1.20
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	6.00	0.08
22979	KASHI Black Bean Mango, frozen, unprepared	6.00	
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	6.00	0.08
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	6.00	0.08
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	5.99	0.11
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	5.99	0.08
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	5.99	0.09
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	5.99	0.13
16100	Peanut flour, low fat	5.99	2.04
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	5.98	0.09
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	5.98	0.09
17114	Veal, rib, separable lean only, cooked, braised	5.98	0.14
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	5.98	0.10
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	5.97	0.08
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	5.97	0.10
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	5.96	0.16
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	5.96	0.11
20088	Wild rice, raw	5.96	0.52
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	5.95	0.10
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	5.95	0.07
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	5.95	0.08
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	5.95	0.07
15136	Crustaceans, crab, alaska king, raw	5.95	0.92
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	5.95	0.11
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	5.93	0.09

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	5.93	0.12
35141	Mutton, cooked, roasted (Navajo)	5.93	0.06
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	5.91	0.08
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	5.90	0.08
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	5.89	0.08
11237	Kanpyo, (dried gourd strips)	5.86	0.43
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	5.85	0.14
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	5.85	0.11
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	5.84	0.08
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	5.84	0.08
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	5.84	0.08
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	5.84	0.09
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	5.83	0.10
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	5.82	0.08
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	5.82	0.07
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	5.81	0.13
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	5.80	0.08
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	5.79	0.08
12087	Nuts, cashew nuts, raw	5.78	2.20
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	5.78	0.09
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	5.78	0.09
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	5.78	0.10
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	5.77	0.12
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	5.77	0.10
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	5.77	0.15
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	5.77	0.12
10110	Pork, fresh, variety meats and by-products, liver, raw	5.76	0.68
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	5.76	0.09
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	5.76	0.09
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	5.76	0.10
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	5.76	0.07
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	5.75	0.10
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	5.74	0.10
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	5.73	0.28
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	5.73	0.09
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	5.73	0.14

1979 Itent fyritar, cansiste skirt wach, separable learn only, trimmed to O' fat, all grades, content, broiled 5.72 0.13 1973 Farth, Amments, shoulder, whole, cern and bitalo), separable learn only, costed, trassed 5.72 0.13 19733 Lands, Adments, shoulder, blade, separable learn only, costed, trassed 5.72 0.11 19733 Lands, Morealist, shoulder, blade, separable learn only, costed, trassed 5.72 0.01 21315 Beef, all by estack troots, lipen, separable learn only, costed, trained 5.72 0.08 21315 Beef, all by estack troots, lipen, separable learn only, continued to 10° fat, select, raw 5.72 0.08 21319 Beef, ob eye stack tools, lipen, sequeble learn only, trimmed to 0° fat, select, raw 5.72 0.08 2134 Beg, whole, diedel, shollized, glacose crobbed 5.71 0.09 2035 Balpford, acternal cernel with fatt, dry, justine, search, separable learn only, trimmed to 0° fat, select, cased, broiled 5.70 0.36 1934 Infinite formats, MIAD JOHNSON, NIXT STEP, PROSOIBE LIPEL, powder, with ARA and DHA 5.70 0.08 2037 Infinite formats, MIAD JOHNSON, NIXT STEP, PROSOIBE LIPEL, powder, with ARA and DHA 5.70 0.08	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
17133 Veal, shoulder, blade, separable lean only, cooked, rousted 5.72 0.14 17253 Larsh, domestic, shrulder, blade, separable lean and la, trimmed to 126" Int, choice, croked, massted 5.72 0.17 17393 Larsh, New Zealand, improrted, excle (only, cooked, braised 5.72 0.18 17393 Larsh, New Zealand, improrted, excle (only, cooked, braised 5.72 0.08 17353 Beef, rib eye steak, broadess, lip oft, separable lean only, trimmed to 126" Int, select, raw 5.72 0.08 17314 Beef, rib eye steak, broadess, lip oft, separable lean only, trimmed to 10" Int, select, raw 5.72 0.08 17344 Beef, die particus, steak, separable lean only, trimmed to 0" Int, select, raw 5.71 0.07 17344 Beef, die particus, steak, separable lean only, trimmed to 0" Int, all grades, cooked, broiled 5.71 0.09 17345 Beef, rib eye steak, broades lean only, trimmed to 0" Int, all grades, cooked, broiled 5.70 0.09 17345 Beef, rib eye steak, broades lean only, trimmed to 0" Int, all grades, cooked, broiled 5.70 0.05 17346 Beef, rib eye steak, broades, eyerpathe lean only, trimmed to 10" Int, all grades, cooked, broiled 5.70 0.36 17346 Beef, rib particus, selection, eyerpathe lean only, trimmed to 10" Int, all grades, cooked, grilled 5.70 0.36 17346 Beef, rop Intimity, provider to "Int, all grades, cooked, grilled 5.70 0.36 17347 Beef, rib particus, all clicks 10" 12", separable lean only, trimmed to 10" Int, all grades, cooked, grilled 5.69 0.01 17348 Beef, rib eye steak, broades, separable lean only, trimmed to 10" Int, all grades, row 5.67 0.08 17359 Beef, rob point fiftic, broades, separable lean only, trimmed to 10" Int, all grades, row 5.67 0.08 17351 Beef, lower, separable lean only, trimmed to 10" Int, all grades, row 5.67 0.08 17359 Beef, rob point fiftic, broades, separable lean only, trimmed to 10" Int, choice, cooked, grilled 5.65 0.01 17341 Game concell, fround, separable	13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	5.72	0.09
17253 Lamb, komestic, shoulder, blake, separable lean only, cooked, braiced 5.72 0.12 17393 Lamb, New Zealand, imported, neck-chops, separable lean only, cooked, braiced 5.72 0.08 23157 Beef, the eye steak, boncless, lip off, separable lean only, trimmed to 18° fat, select, raw 5.72 0.08 23179 Beef, the eye steak, boncless, lip off, separable lean only, trimmed to 0° fat, select, raw 5.72 0.08 23170 Beef, the eye steak, boncless, lip off, separable lean only, trimmed to 0° fat, select, raw 5.71 0.07 2325 Bahytood, cutmeal cereal with first, dry, instant, soldler fortified 5.71 0.09 23365 Bahytood, cutmeal cereal with first, dry, instant, soldler fortified 5.70 0.34 23466 Bahytood, cutmeal cereal with first, dry, instant, soldler fortified 5.70 0.34 23466 Beef, op sirion, steak, separable lean only, trimmed to 0° fat, select, cooked, broiled 5.70 0.36 2347 Beef, top join filter, boncless, separable lean only, trimmed to 0° fat, select, cooked, broiled 5.70 0.08 23487 Inflant formula, MEAD JOHNSON, ENT STEP, PROSOBEE, powder, not reconstituted 5.70 0.08 23498 Beef, top join filter, boncless, separable lean only, trimmed to 18° fat, all geades, cooked, grilled 5.70 0.08 23499 Beef, top join filter, boncless, separable lean only, trimmed to 18° fat, all geades, cooked, grilled 5.70 0.08 23491 Beef, top join filter, boncless, separable lean only, trimmed to 18° fat, select, cooked, proiled 5.70 0.08 23492 Beef, top join filter, boncless, separable lean only, trimmed to 18° fat, select, cooked, grilled 5.60 0.09 23493 Beef, top join filter, boncless, separable lean only, trimmed to 18° fat, select, cooked, grilled 5.60 0.09 23494 Beef, top join filter, boncless, separable lean only, trimmed to 18° fat, select, cooked, grilled 5.67 0.08 23495 Beef, top join filter, boncless, separable lean only, trimmed to 18° fat, select, cooked, grilled 5.67	17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	5.72	0.13
1398 Lamb, New Zealand, imported, meck chops, separable lean only, trimmed to 187 fat, select, raw 5.72 0.08 23155 Reef, theys steak, broneless, lip-ont, separable lean only, trimmed to 187 fat, select, raw 5.72 0.08 23174 Beef, theys steak, broneless, lip-oft, separable lean only, trimmed to 187 fat, select, raw 5.71 0.07 23184 Beef, theys steak, broneless, lip-oft, separable lean only, trimmed to 187 fat, select, raw 5.71 0.09 23184 Beef, theys steak, separable lean only, trimmed to 187 fat, select, cooked, grilled 5.71 0.09 2325 Babylood, commed, see, separable lean only, trimmed to 187 fat, select, cooked, grilled 5.70 0.36 2326 Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPH, powder, with ARA and DHA 5.70 0.36 2326 Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPH, powder, or reconstituted 5.70 0.36 2327 Beef, lop infinit, steak, separable lean only, trimmed to 187 fat, select, cooked, broiled 5.70 0.36 2328 Beef, lop infinit, steak, separable lean only, trimmed to 187 fat, select, cooked, grilled 5.69 0.10 2329 Beef, nound, outside round, bottom cound, steak, separable lean only, trimmed to 187 fat, select, row 5.80 0.09 23215 Beef, the system desired lean only, trimmed to 187 fat, select, row 5.60 0.08 23216 Beef, the cycle, steak, boncless, lip-only, separable lean only, trimmed to 07 fat, select, row 5.67 0.08 23217 Beef, the cycle, steak, boncless, lip-only, separable lean only, trimmed to 07 fat, select, row 5.67 0.08 23218 Beef, thick, amp per tous, separable lean only, trimmed to 07 fat, select, row 5.67 0.08 23219 Beef, thick, amp per tous, separable lean only, trimmed to 07 fat, select, row 5.67 0.08 23210 Beef, thick, amp per tous, separable lean only, trimmed to 07 fat, select, row 5.67 0.08 23210 Beef, loin, tenderloin steak, branches, separable lean only, trimmed to 07 fat, choice, cooked, grilled 5.67 0.0	17133	Veal, shoulder, blade, separable lean only, cooked, roasted	5.72	0.14
23155 Berf, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw 5.72 0.08 23179 Berf, rib eye steak, boneless, lip-off, separable lean only, trimmed to 0" fat, select, raw 5.72 0.08 23184 Figg, whole, dried, stabilized, glucose reduced 5.71 0.027 23256 Babyfrod, commed seveal with fruit, dry, instant, roddler fortified 5.70 0.36 23256 Babyfrod, commed seveal with fruit, dry, instant, roddler fortified 5.70 0.36 23256 Babyfrod, commed seveal with fruit, dry, instant, roddler fortified 5.70 0.36 23256 Infrat formula, MEAD JOHNSON, NEXT STEP, PROSOBIEE, powder, and reconstituted 5.70 0.36 23256 Berf, ross, which, see also provided 5.70 0.36 23257 Infrat formula, MEAD JOHNSON, NEXT STEP, PROSOBIEE, powder, with ARA and DIIA 5.70 0.36 23258 Berf, ross, which, see also provided 5.70 0.36 23257 Infrat formula, MEAD JOHNSON, NEXT STEP, PROSOBIEE, powder, not reconstituted 5.70 0.36 23258 Berf, ross, which is a provided provided 5.70 0.36 23259 Berf, ross, which is a provided provided 5.70 0.36 23259 Berf, ross, which is a provided provided provided 5.70 0.36 23250 Berf, ross, which is a provided provided provided 5.69 0.08 23251 Berf, ross, which is a provided provided provided 5.69 0.08 23251 Berf, ross, which is a provided provided provided 5.69 0.08 23252 Berf, ross, which is a provided provided provided 5.67 0.08 23253 Berf, rib eye steak/rosst, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled 5.67 0.08 23254 Berf, ross, provided provided provided provided 5.67 0.08 23254 Berf, ross, lip eye steak/roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 5.67 0.08 23254 Berf, ross, lip eye dreate, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 5.65 0.07 23254 Berf, ro	17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	5.72	0.11
Seria Seri	17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	5.72	0.12
1344 Egg., whole, dried, stabilized, plucose reduced 5.71 0.27 13454 Berf. top sirbin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled 5.71 0.09 13205 Ballyfood, oatmend cereal with fruit, dry, instant, toddler fortifieed 5.70 0.34 13361 Infant formula, MEAD JOIINSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DIIA 5.70 0.36 13456 Berf. top sirbin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled 5.70 0.36 13456 Beef. top sirbin, steak, separable lean only, trimmed to 18" fat, select, cooked, broiled 5.70 0.38 13457 Beef. top loin filet, boneless, separable lean only, trimmed to 18" fat, select, cooked, broiled 5.69 0.10 13258 Beef. top loin filet, boneless, separable lean only, trimmed to 18" fat, select, cooked, grilled 5.69 0.10 13258 Beef. top, small end (ribs 10-12), separable lean only, trimmed to 18" fat, select, cooked, grilled 5.69 0.08 13261 Beef. top, small end (ribs 10-12), separable lean only, trimmed to 18" fat, select, cooked, grilled 5.69 0.08 13253 Beef. fib yes steak-froats, boneless, lip-on, separable lean only, trimmed to 18" fat, select, cooked, grilled 5.67 0.08 13254 Beef. top loin filet, boneless, lip-on, separable lean only, trimmed to 18" fat, select, cooked, grilled 5.67 0.08 13255 Beef. top loin filet, boneless, lip-on, separable lean only, trimmed to 18" fat, select, raw 5.67 0.08 13267 Beef. top loin filet, boneless, separable lean only, trimmed to 18" fat, select, cooked, grilled 5.67 0.08 13268 Beef. top loin filet, boneless, separable lean only, trimmed to 18" fat, choice, cooked, grilled 5.67 0.07 13269 Beef. file yes steak, boneless, separable lean only, trimmed to 18" fat, choice, cooked, grilled 5.67 0.07 13261 Beef. file yes steak, boneless, separable lean only, trimmed to 18" fat, choice, cooked, grilled 5.67 0.07 13262 Beef. file yes steak, boneless, separable lean only, trimmed to	23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	5.72	0.08
1845 Beef, top sirioin, steak, separable lean only, rimmed to 0" fat, all grades, cooked, broiled 5.71 0.09 183805 Balyfood, oarmeal cereal with fruit, dry, instant, toddier fortified 5.70 0.34 18681 Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBELE [J. powder, with ARA and DHA 5.70 0.36 18792 Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBELE, powder, not reconstituted 5.70 0.36 18745 Beef, top sirioin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled 5.70 0.36 18787 Beef, top point filet, honeless, separable lean only, trimmed to 18" fat, select, cooked, grilled 5.69 0.10 18788 Beef, in by select, separable lean only, trimmed to 18" fat, select, cooked, grilled 5.69 0.10 18788 Beef, not, samp to roast, separable lean only, trimmed to 18" fat, select, cooked, grilled 5.69 0.10 18798 Beef, note, samp to roast, separable lean only, trimmed to 18" fat, select, cooked, grilled 5.69 0.08 18799 Beef, note, samp to roast, separable lean only, trimmed to 18" fat, select, cooked, grilled 5.60 0.13 18799 Beef, note, samp to roast, separable lean only, trimmed to 18" fat, select, cooked, grilled 5.60 0.01 18791 Beef, note, samp to roast, separable lean only, trimmed to 18" fat, select, cooked, grilled 5.60 0.00 18792 Beef, note, samp to roast, separable lean only, trimmed to 18" fat, select, cooked, grilled 5.67 0.08 18793 Beef, note, samp to roast, separable lean only, trimmed to 18" fat, select, cooked, grilled 5.67 0.08 18794 Beef, in barge end (ribs 6-9), separable lean only, trimmed to 18" fat, choice, cooked, grilled 5.67 0.07 18794 Beef, in barge end (ribs 6-9), separable lean and fat, trimmed to 18" fat, choice, cooked, grilled 5.60 0.07 18794 Beef, fround, knuckle, tip center, steak, separable lean only, trimmed to 18" fat, choice, cooked, grilled 5.64 0.01 18794 Beef, fround, top conducts, prevantle lean only, trimmed to 18" fat, choice, cooked, grill	23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	5.72	0.08
03205 Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified 5.70 0.34 03861 Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, not reconstituted 5.70 0.36 03929 Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE LIPIL, powder, not reconstituted 5.70 0.08 33870 Beef, top sirfon, steak, separable lean only, trimmed to 0° fit, select, cooked, broiled 5.70 0.36 23247 Beef, top loin filet, boneless, separable lean only, trimmed to 18° fit, all grades, cooked, grilled 5.69 0.10 23952 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 10° fat, select, cooked, grilled 5.69 0.09 23052 Beef, rind outside round, bottom round, steak, separable lean and fat, trimmed to 10° fat, select, cooked, grilled 5.68 0.09 23153 Beef, rind yes steak/roast, boneless, lip off, separable lean only, trimmed to 10° fat, all grades, raw 5.67 0.08 23154 Beef, ind yes steak, boneless, separable lean only, trimmed to 10° fat, all grades, raw 5.67 0.08 23153 Beef, ind yes steak, boneless, separable lean only, trimmed to 10° fat, select, cooked, grilled 5.67 0.08 23164 Beef, top loin filet, bone	01134	Egg, whole, dried, stabilized, glucose reduced	5.71	0.27
03861 Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA 5.70 0.36 03929 Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE LIPIL, powder, not reconstituted 5.70 0.08 13456 Beef, top sirbtin, steak, separable lean only, trimmed to Pf fat, select, cooked, broiled 5.70 0.08 33870 Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder 5.70 0.36 23247 Beef, top loin filet, boneless, separable lean only, trimmed to 18" fat, all grades, cooked, grilled 5.69 0.08 23586 Beef, notal, outside round, bottom round, steak, separable lean only, trimmed to 18" fat, select, raw 5.68 0.01 23031 Beef, chuck, arm pot roast, separable lean only, trimmed to 18" fat, select, raw 5.67 0.08 23153 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 18" fat, all grades, raw 5.67 0.08 23154 Beef, rib eye steak/roast, boneless, separable lean only, trimmed to 18" fat, select, raw 5.67 0.08 23154 Beef, top loin filet, boneless, separable lean only, trimmed to 18" fat, choice, cooked, grilled 5.67 0.38 13443 Beef, top loin filet, boneless, separable lean and fat, trimmed to	13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	5.71	0.09
03929 Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted 5.70 0.36 13456 Beef, top sirloin, steak, separable lean only, trimmed to O" fat, select, cooked, broiled 5.70 0.08 33870 Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Todeller, LIPIL, powder 5.70 0.36 23247 Beef, top loin filet, boncless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled 5.69 0.08 23958 Beef, rink, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, grilled 5.68 0.13 23051 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, grilled 5.68 0.09 23153 Beef, rib eye steak/ boncless, lip off, separable lean only, trimmed to 1/8" fat, select, cooked, grilled 5.67 0.08 23175 Beef, rib eye steak/ boncless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled 5.67 0.08 23174 Beef, inle, long-toin filet, boncless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled 5.67 0.08 23184 Beef, pro lon join filet, boncless, separable lean only, trimmed to 0" fat, select, raw 5.67 0.08 13433 Beef, pround, knuckle, tip center, s	03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.70	0.34
13456 Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled 5.70 0.36 23247 Beef, top Join filet, boneless, separable lean only, trimmed to 1.8" fat, all grades, cooked, grilled 5.69 0.10 232586 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1.8" fat, select, cooked, broiled 5.68 0.13 23631 Beef, chuck, arm pot roast, separable lean only, trimmed to 1.8" fat, select, cooked, grilled 5.68 0.09 23153 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1.8" fat, select, cooked, grilled 5.68 0.09 23153 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1.8" fat, select, raw 5.67 0.08 23154 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1.8" fat, select, raw 5.67 0.08 23155 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1.8" fat, select, raw 5.67 0.08 23154 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1.8" fat, select, cooked, grilled 5.67 0.08 23154 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 0" fat, choice, cooked, grilled 5.67 0.08 23240 Beef, loin, tenderioin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled 5.65 0.07 23241 Beef, loin, tenderioin steak, boneless, separable lean only, trimmed to 1.8" fat, choice, cooked, grilled 5.60 0.07 23242 Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1.8" fat, choice, cooked, grilled 5.64 0.10 23248 Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1.8" fat, choice, cooked, grilled 5.64 0.10 23241 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1.8" fat, choice, cooked, grilled 5.63 0.07 23621 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1.8" fat,	03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	5.70	0.36
3870 Infant formula, MEAD JOHNSON, ENPAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder 5.70 0.36 23247 Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled 5.69 0.10 23586 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled 5.69 0.08 23052 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw 5.68 0.03 23153 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw 5.67 0.08 23175 Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw 5.67 0.08 23249 Beef, frop loin filet, boneless, separable lean only, trimmed to 1/8" fat, elect, cooked, grilled 5.67 0.38 15154 Crustaceans, spiny lobster, mixed species, raw 5.67 0.38 13443 Beef, lon, in tenderloin steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 5.65 0.11 13843 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 5.65 0.07 23242 Beef, top loin filet, boneless,	03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	5.70	0.36
23247 Beef, top Ioin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled 5.69 0.08 23586 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled 5.69 0.08 23052 Beef, round, ourside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 5.68 0.09 23631 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw 5.67 0.08 23175 Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 0" fat, all grades, raw 5.67 0.08 23249 Beef, top Join filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled 5.67 0.08 15154 Crustaceans, spiny lobster, mixed species, raw 5.67 0.38 13433 Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 5.65 0.01 23047 Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 5.65 0.07 23242 Beef, top Join filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 5.65 0.07 23243 Beef, t	13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	5.70	0.08
23586 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, proiled 5.69 0.08 23052 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 5.68 0.13 23631 Beef, chuck, arm por roast, separable lean only, trimmed to 1/8" fat, all grades, raw 5.68 0.09 23153 Beef, rib eye steak/roast, boncless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw 5.67 0.08 23175 Beef, rib eye steak, boncless, lip off, separable lean only, trimmed to 1/8" fat, all grades, raw 5.67 0.08 23249 Beef, top loin filet, boncless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 5.67 0.08 15154 Crustaceans, spiny lobster, mixed species, raw 5.67 0.38 13443 Beef, loin, tenderloin steak, boncless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 5.65 0.11 13843 Beef, loin, top sirloin cap steak, boncless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 5.65 0.07 23242 Beef, loin, top sirloin cap steak, boncless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 5.65 0.10 17341	33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	5.70	0.36
23052 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 5.68 0.09 23631 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw 5.68 0.09 23153 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw 5.67 0.08 23175 Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw 5.67 0.08 23249 Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled 5.67 0.08 15154 Crustaceans, spiny lobster, mixed species, raw 5.67 0.38 13443 Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled 5.65 0.11 13843 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 5.65 0.09 23047 Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 5.65 0.10 17341 Game meat, elk, round, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 5.64 0.22 17201 Lamb, variety meats an	23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	5.69	0.10
23631 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw 5.68 0.09 23153 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw 5.67 0.08 23175 Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw 5.67 0.08 23249 Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled 5.67 0.38 15154 Crustaceans, spiny lobster, mixed species, raw 5.67 0.38 13443 Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 5.65 0.11 13843 Beef, rib large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 5.65 0.09 23047 Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 5.65 0.07 23242 Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 5.64 0.10 17341 Game meat, elk, round, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 5.63 9.83 23154 Beef, rib eye steak/boneless, lip-on, s	23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	5.69	0.08
23153 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw 5.67 0.08 23175 Beef, rib eye steak, boneless, lip-off, separable lean only, trimmed to 0" fat, all grades, raw 5.67 0.08 23249 Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled 5.67 0.08 15154 Crustaceans, spiny lobster, mixed species, raw 5.67 0.38 13443 Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled 5.65 0.01 13843 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, raw 5.65 0.09 23047 Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 5.65 0.07 23242 Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 5.65 0.10 23248 Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 5.64 0.10 17201 Lamb, variety meats and by-products, liver, cooked, pan-fried 5.63 9.83 23154 Beef, rib eye steak/ boneless, lip-on, separable lean on	23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	5.68	0.13
23175 Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw 5.67 0.08 23249 Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled 5.67 0.08 15154 Crustaceans, spiny lobster, mixed species, raw 5.67 0.38 13443 Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled 5.65 0.09 23047 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, raw 5.65 0.07 23242 Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 5.65 0.07 23248 Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 5.64 0.10 17341 Game meat, elk, round, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 5.64 0.22 17201 Lamb, variety meats and by-products, liver, cooked, pan-fried 5.63 9.83 23154 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw 5.63 0.07 23177 Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 1/8" f	23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	5.68	0.09
23249 Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled 5.67 0.08 15154 Crustaceans, spiny lobster, mixed species, raw 5.67 0.38 13443 Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled 5.65 0.11 13843 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 5.65 0.09 23047 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 5.65 0.07 23242 Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 5.65 0.10 23248 Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 5.64 0.12 17201 Lamb, variety meats and by-products, liver, cooked, pan-fried 5.63 9.83 23154 Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw 5.63 0.07 23621 Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 5.62 0.08 17053 Lamb, domestic, shoulder, blade, separa	23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	5.67	0.08
15154 Crustaceans, spiny lobster, mixed species, raw 5.67 0.38 13443 Beef, Ioin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled 5.65 0.11 13843 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 5.65 0.09 23047 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw 5.65 0.07 23242 Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 5.65 0.10 23248 Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 5.64 0.12 17341 Game meat, elk, round, separable lean only, cooked, broiled 5.64 0.22 17201 Lamb, variety meats and by-products, liver, cooked, pan-fried 5.63 9.83 23154 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw 5.63 0.07 23621 Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 5.62 0.08 17053 Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled<	23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	5.67	0.08
Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted Seef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw Seef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled Seef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled Seef, round, separable lean only, cooked, broiled Lamb, variety meats and by-products, liver, cooked, pan-fried Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Seef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw Seef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, cooked, broiled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	5.67	0.08
13843 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 5.65 0.09 23047 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw 5.65 0.07 23242 Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 5.65 0.10 23248 Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 5.64 0.10 17341 Game meat, elk, round, separable lean only, cooked, broiled 5.64 0.22 17201 Lamb, variety meats and by-products, liver, cooked, pan-fried 5.63 9.83 23154 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw 5.63 0.07 23177 Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 1/8" fat, choice, raw 5.63 0.07 23621 Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 5.62 0.08 17053 Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled 5.61 0.12 17327 Lamb, Australian, imported, fresh, shoulder, blad	15154	Crustaceans, spiny lobster, mixed species, raw	5.67	0.38
Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw 5.65 0.07 23242 Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 5.65 0.10 23248 Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 5.64 0.10 17341 Game meat, elk, round, separable lean only, cooked, broiled 5.63 9.83 23154 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw 5.63 0.07 23177 Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw 5.63 0.07 23621 Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 5.62 0.08 17053 Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled 5.62 0.12 17327 Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled 5.61 0.09	13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	5.65	0.11
Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 5.65 0.10 23248 Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 5.64 0.10 17341 Game meat, elk, round, separable lean only, cooked, broiled 5.64 0.22 17201 Lamb, variety meats and by-products, liver, cooked, pan-fried 5.63 9.83 23154 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw 5.63 0.07 23177 Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw 5.63 0.07 23621 Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 5.62 0.08 17053 Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled 5.62 0.12 17327 Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled 5.61 0.09	13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	5.65	0.09
Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 5.64 0.10 Game meat, elk, round, separable lean only, cooked, broiled 5.64 0.22 17201 Lamb, variety meats and by-products, liver, cooked, pan-fried 5.63 9.83 23154 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw 5.63 0.07 23177 Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw 5.63 0.07 23621 Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 5.62 0.08 17053 Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled 5.62 0.12 17327 Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled 5.61 0.09	23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	5.65	0.07
Game meat, elk, round, separable lean only, cooked, broiled Lamb, variety meats and by-products, liver, cooked, pan-fried 5.63 9.83 23154 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw 5.63 0.07 Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw 5.63 0.07 23621 Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 5.62 0.08 17053 Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled 5.62 0.12 17327 Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled 5.61 0.09	23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	5.65	0.10
Lamb, variety meats and by-products, liver, cooked, pan-fried 5.63 9.83 23154 Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw 5.63 0.07 23177 Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw 5.63 0.07 23621 Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 5.62 0.08 17053 Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled 5.62 0.12 17327 Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled 5.61 0.09	23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	5.64	0.10
Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled 5.61 0.09	17341	Game meat, elk, round, separable lean only, cooked, broiled	5.64	0.22
Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw 5.63 0.07 23621 Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 5.62 0.08 17053 Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled 5.62 0.12 17327 Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled 5.61 0.12 23241 Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled 5.61 0.09	17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	5.63	9.83
Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled 5.62 0.08 0.09	23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	5.63	0.07
Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled 5.61 0.09	23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	5.63	0.07
Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled 5.61 0.12 23241 Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled 5.61 0.09	23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	5.62	0.08
Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled 5.61 0.09	17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	5.62	0.12
	17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	5.61	0.12
Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted 5.61	23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	5.61	0.09
	23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	5.61	0.09

2321 Beef, inp foil perior most, from perior most, from perior most, promises, separable from only, rimmed to 18" far, choice, conteal, musted 5.60 0.29 2887 Centus mady to ear, NST, GOD FIN CRISPS 5.60 0.22 1285 Niac, caches mas, dry reasend, with sail sailed 5.60 0.22 12858 Nate, caches mas, dry reasend, with sail sailed 5.60 0.08 13878 Bet, from the Storm mas, dry reasend, with sail sailed 5.60 0.08 13878 Cach rand, better mass, dry reasend, with sail sailed 5.60 0.02 13878 Cach rand, better mass, dry reasend, with sail sailed cann and fast trimmed to 16" fat, all grades, cooked, braised 5.50 0.02 18878 Boof, road, bottom road, steak, separable lean and fat, trimmed to 18" fat, choice, cooked, roasted 5.58 0.04 1704 Lamb, demonstric, aboutlet, black, separable lean and fat, trimmed to 18" fat, choice, cooked, brailed 5.58 0.11 1710 Vest, dis, object looks grades lean only, trimmed to 18" fat, select, cooked, brailed 5.53 0.03 2324 Beef, road, search grades lean and fat, trimmed to 18" fat, select, cooked, brailed 5.57 0.07 2352 Be	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
1285 Nits, cacher mits, dry roasted, without salt added 5.60 2.22 1285 Nats, cacher mits, dry masted, with out salt added 5.60 0.02 1285	23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	5.60	0.09
1288 Nats, cashew must, day roasted, with salt added 5.60 0.08 1239 Recf. roand, bottom round, steak, separable lean and fat, trimmed to 0° fat, all grades, cooked, braised 5.60 0.08 1287 Rankh, New Zeinald, imported, frozen, stowlder, whole carm and blade), separable lean only, cooked, braised 5.60 0.01 1288 Cereals ready-to-eat, KELLOGG, KELLOGGS CINNABON cereal 5.59 0.019 12875 Resf. roand, bottom round, steak, separable lean and fat, trimmed to 18° fat, select, cooked, prasted 5.58 0.01 12876 Resf. roand, bottom round, steak, separable lean and fat, trimmed to 18° fat, select, cooked, roasted 5.58 0.01 12870 Voal, shoulder, blades, separable lean and fat, trimmed to 18° fat, choice, cooked, roasted 5.58 0.01 12870 Voal, shoulder, blades, separable lean and fat, trimmed to 18° fat, choice, cooked, broiled 5.58 0.01 12870 Resf. (roa stific), it steak, separable lean and fat, trimmed to 18° fat, choice, cooked, broiled 5.58 0.01 12870 Resf. (roa stific), top stiriol, cap steak, boneless, separable lean only, trimmed to 18° fat, select, cowked, broiled 5.57 0.07 12870 Resf. (road, top roand, steak, separable lean only, trimmed to 18° fat, select, cowked, broiled 5.57 0.07 12882 Resf. (riviske, flat half, "eparable lean only, trimmed to 18° fat, select, cowked, masted 5.57 0.08 12893 Resf. (riviske, sparable lean and fat, trimmed to 18° fat, select, cowked, masted 5.57 0.08 12894 Resf. (road, top roand, steak, separable lean and fat, trimmed to 18° fat, choice, cooked, pasted 5.57 0.08 12995 Resf. (riviske, flat half, "eparable lean and fat, trimmed to 18° fat, choice, cooked, pasted 5.57 0.08 12996 Resf. (road, top roand, steak, separable lean and fat, trimmed to 18° fat, choice, cooked, pasted 5.59 0.08 12996 Resf. (roand, top roand, steak, separable lean only, trimmed to 18° fat, select, cooked, pasted 5.59 0.09 12996 Resf. (roand, top ro	08073	Cereals ready-to-eat, POST, GOLDEN CRISP	5.60	0.20
1398 Res f, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 5.60 0.12	12085	Nuts, cashew nuts, dry roasted, without salt added	5.60	2.22
1,0067 Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cnoked, braised 5.50 0.09 1,0058 Cereals ready-to-eat, KELLOGGS (CNNABON cereal 5.50 0.09 1,0058 Cereals ready-to-eat, KELLOGGS (CNNABON cereal 5.58 0.08 1,0054 Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 5.58 0.11 1,1120 Veal, shoulder, blade, separable lean and fat, primmed to 1/8" fat, choice, cooked, brailed 5.58 0.13 1,1124 Lamb, domestic, shoulder, shoulder, shoulder, spearable lean and fat, trimmed to 1/8" fat, choice, cooked, brailed 5.58 0.13 1,1124 Lamb, domestic, shoulder, shoulder, shoulder and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, brailed 5.58 0.13 1,1124 Lamb, domestic, shoulder, shoulder, separable lean only, trimmed to 1/8" fat, select, raw 5.57 0.07 1,1125 Seef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw 5.57 0.07 1,1125 Seef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, brailed 5.57 0.09 1,1126 Seef, rib, whole cribs 6-1/2), separable lean and fat, trimmed to 1/8" fat, select, cooked, troasted 5.57 0.09 1,1127 Seef, rib, whole cribs 6-1/2), separable lean and fat, trimmed to 1/8" fat, choice, cooked, prasted 5.57 0.13 1,1127 Seef, rib, whole cribs 6-1/2), separable lean and fat, trimmed to 1/8" fat, choice, cooked, prasted 5.57 0.13 1,1127 Seef, rib, sea, separable lean and fat, trimmed to 1/8" fat, choice, cooked, prasted 5.57 0.13 1,1127 Seef, rib, sea, separable lean and fat, trimmed to 1/8" fat, choice, cooked, prasted 5.58 0.14 1,1127 Seef, rib, sea, fat, and fat, trimmed to 1/8" fat, choice, cooked, brailed 5.54 0.11 1,1127 Seef, rib, sea, fat, and fat, trimmed to 1/8" fat, choice, cooked, brailed 5.54 0.11 1,1127 Seef, rib, sea, fat, fat, fat, separable lean only, trimmed to 1/8" fat, doice, c	12585	Nuts, cashew nuts, dry roasted, with salt added	5.60	2.22
0888 Cereals ready-to-eat, KELLOGK, KELLOGS CINNABON cereal 5.59 0.09 18875 Botf, month, bottom round, seads, separable lear and fat, trimmed to 1/8" fat, select, cooked, braised 5.58 0.08 17744 Lamb, domestic, shoulder, blade, separable lear and fat, trimmed to 1/4" fat, choice, cooked, masted 5.58 0.11 17724 Lamb, domestic, shoulder, whole (arm and blade), separable lear and fat, trimmed to 1/8" fat, choice, cooked, broiled 5.58 0.13 23629 Beef, top sirbinic, stack, separable lear and pl, trimmed to 1/8" fat, choice, cooked, broiled 5.58 0.09 23246 Beef, found, top risul, speaks, separable lear only, trimmed to 1/8" fat, select, raw 5.57 0.07 23592 Beef, round, top round, steak, separable lear only, trimmed to 1/8" fat, select, row 5.57 0.07 1882 Beef, brisker, lla half, separable lear only, trimmed to 1/8" fat, select, row 5.57 0.09 1883 Beef, brisker, lla half, separable lear only, trimmed to 1/8" fat, select, cooked, broiled 5.57 0.09 1711 Veal, risk, separable lear and fat, trimmed to 1/8" fat, select, cooked, pan-fried 5.57 0.13 1893 Beef, brisker, fat half, separable lear only, trimmed to 1/8" fat, choice, cook	13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	5.60	0.08
18875 Beef, round, bottom round, steak, separable lean and flat, trimmed to 1/8" fat, select, cooked, braised 5.58 0.01 17054 Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, masted 5.58 0.14 17140 Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled 5.58 0.13 1820 Beef, loss priorin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled 5.58 0.09 23246 Beef, loss priorin, steak, separable lean only, trimmed to 1/8" fat, select, raw 5.57 0.07 232592 Beef, nound, top cound, steak, separable lean only, trimmed to 1/8" fat, select, raw 5.57 0.09 23632 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw 5.57 0.09 23632 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, broiled 5.57 0.09 23632 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, posted 5.57 0.08 23633 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, posted 5.57 0.08 23644 Cereals ready-to-eat, POST, FRUITY PEBBLES 5.56 0.14 23655 Beef, five, whole (riths 6-1/2), separable lean and fat, trimmed to 1/8" fat, select, cooked, para-fried 5.55 0.13 23660 Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, para-fried 5.55 0.09 23608 Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, row 5.55 0.09 23609 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, row 5.51 0.09 23609 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 5.51 0.09 23609 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, broiled 5.51 0.09 23600 Beef, brisket, flat half, separable lean and fat, trimmed to 0	17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	5.60	0.12
17054 Lamh, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted 5.58 0.14 17150 Veal, shoulder, blade, separable lean and Ital, cooked, roasted 5.58 0.14 17244 Lamh, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled 5.58 0.07 17252 Beef, rop sirfoin, steak, separable lean only, trimmed to 1/8" fat, select, row 5.57 0.07 17259 Beef, init, top sirfoin caps teak, boneless, separable lean only, trimmed to 1/8" fat, select, row 5.57 0.07 17259 Beef, brisket, flat baff, separable lean only, trimmed to 1/8" fat, select, row 5.57 0.09 17259 Beef, brisket, flat baff, separable lean only, trimmed to 1/8" fat, select, cooked, broiled 5.57 0.09 17250 Beef, brisket, flat baff, separable lean only, trimmed to 1/8" fat, select, cooked, roasted 5.57 0.09 17250 Beef, brisket, flat baff, separable lean only, trimmed to 1/8" fat, select, cooked, roasted 5.57 0.09 17250 Beef, brisket, flat baff, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried 5.55 0.14 17250 Beef, top sirfoin, steak, separable lean only, trimmed to 1/8" fat, delect, cooked, broiled 5.55 0.09 17250 Beef, top sirfoin, steak, separable lean only, trimmed to 1/8" fat, all grades, row 5.55 0.09 17251 Beef, top sirfoin, steak (10 or) 5.54 0.08 17251 Beef, brisket, flat baff, separable lean only, trimmed to 1/8" fat, allegades, cooked, broiled 5.54 0.08 17251 Beef, brisket, flat baff, separable lean only, trimmed to 1/8" fat, allegades, cooked, broiled 5.51 0.09 17252 Beef, brisket, flat baff, separable lean only, trimmed to 1/8" fat, select, cooked, roasted 5.50 0.09 17254 Beef, brisket, flat baff, separable lean only, trimmed to 1/8" fat, select, cooked, broiled 5.50 0.09 17254 Beef, brisket, flat baff, separable lean only, trimmed to 1/8" fat, select, cooked, broiled 5.5	08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	5.59	0.09
17130 Veal, shoulder, blade, separable lean and fat, crooked, roasted 5.58 0.14 17244 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled 5.58 0.13 2629 Beef, Ioni, top sirloin, stack, separable lean only, trimmed to 1/8" fat, elect, raw 5.57 0.07 23592 Beef, Ioni, top sirloin, stack, separable lean only, trimmed to 1/8" fat, select, row 5.57 0.09 23623 Beef, Insike, I flat half, separable lean only, trimmed to 1/8" fat, select, cooked, broiled 5.57 0.09 23624 Beef, fib, whole (fibs e-1/2), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted 5.57 0.09 17111 Veal, rib, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted 5.57 0.13 18034 Cercals ready-to-cal, POST, FRUITY PEBBLES 5.56 0.14 1933 Beef, obstitution, select, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried 5.55 0.13 23603 Beef, found, top roast, separable lean only, trimmed to 1/8" fat, all grades, raw 5.55 0.09 23608 Beef, round, top roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 5.54 0.01 23611 T.G.IBRIDAY'S, classic sirloin steak (10 oz) 5.54 0.01 23624 Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 5.54 0.09 23625 Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted 5.50 0.09 23626 Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted 5.50 0.09 23627 Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled 5.54 0.09 23628 Beef, pound, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled 5.54 0.09 23629 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fa	13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	5.58	0.08
17244 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled 5.58 0.09 23620 Beef, top sirtion, seals, separable lean only, trimmed to 1/8" fat, select, raw 5.77 0.07 23246 Beef, init, top sirtion, top sirtion cap steads, boneless, separable lean only, trimmed to 1/8" fat, select, raw 5.57 0.09 23632 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw 5.57 0.09 18382 Beef, bin, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted 5.57 0.08 17111 Veal, rib, separable lean and fat, crimmed to 1/8" fat, select, cooked, roasted 5.57 0.13 3832 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 5.57 0.08 17111 Veal, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried 5.56 0.14 18933 Beef, topisirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw 5.55 0.09 23608 Beef, touck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw 5.55 0.09 23613 Beef, brisket, flat half, separable lean only, trimmed to	17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	5.58	0.11
23629 Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 5.58 0.09 23246 Beef, Iolin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, broiled 5.57 0.07 23592 Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled 5.57 0.09 13832 Beef, risk, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted 5.57 0.08 17111 Veal, rib, separable lean and fat, cooked, braised 5.57 0.03 18034 Cereals ready-to-ear, POST, FRUITY PEBBLES 5.56 0.14 18033 Beef, topsidoin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried 5.55 0.13 23603 Beef, topsid, steak, separable lean only, trimmed to 1/8" fat, all grades, raw 5.55 0.09 23604 Beef, formand, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw 5.54 0.08 36011 T.G.J. FRIDAY'S, classic sirioin steak (10 co) 5.54 0.01 23025 Beef, brisker, flat half, separable lean only, trimmed to 1/8" fat, elect, cooked, roasted 5.52 0.09	17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	5.58	0.14
2246 Beef, Ioin, top sirloin cap steak, boncless, separable lean only, trimmed to 1/8" fat, select, raw 5.57 0.07 25892 Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled 5.57 0.09 23632 Beef, brisket, Ital half, separable lean only, trimmed to 1/8" fat, select, cooked, broiled 5.57 0.09 13832 Beef, ibis, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted 5.57 0.13 08034 Cereals ready-to-eat, POST, FRUITY PEBBLES 5.56 0.14 13933 Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried 5.55 0.13 23603 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, craw 5.55 0.09 23603 Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 5.54 0.08 36011 T.G.I. FRIDAY'S, classic sirloin steak (10 oz) 5.54 0.01 23252 Beef, top loin petite roast, boncless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted 5.52 0.09 23994 Beef, chuck for stew, separable lean and fat, select, raw 5.51 0.09 </td <td>17244</td> <td>Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled</td> <td>5.58</td> <td>0.13</td>	17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	5.58	0.13
23592 Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled 5.57 0.09 23632 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw 5.57 0.09 13832 Beef, rith, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted 5.57 0.08 17111 Veal, rib, separable lean and fat, tooked, braised 5.57 0.13 08034 Cereals ready-to-cat, POST, FRUITY PEBBLES 5.56 0.14 13933 Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried 5.55 0.13 23603 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw 5.55 0.09 23604 Beef, pound, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 5.54 0.11 23611 T.G.I. FRIDAY'S, classic sirloin steak (10 oz) 5.54 0.11 23612 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, roasted 5.52 0.09 23525 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, roasted 5.51 0.09 2364	23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	5.58	0.09
2632 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw 5.57 0.09 18322 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted 5.57 0.08 17111 Veal, rib, separable lean and fat, cooked, braised 5.57 0.13 08034 Cereals ready-to-eat, POST, FRUITY PEBBLES 5.56 0.14 13933 Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw 5.55 0.09 2603 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw 5.55 0.09 23068 Beef, pound, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 5.54 0.08 36011 T.G.I. FRIDAY'S, classic sirloin steak (10 oz) 5.54 0.11 23613 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw 5.53 0.09 23252 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted 5.52 0.09 2394 Beef, chuck for stew, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled 5.51 0.09 23498 Beef,	23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	5.57	0.07
13832 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted 5.57 0.08 17111 Veal, rib, separable lean and fat, cooked, braised 5.57 0.13 08034 Cereals ready-to-eat, POST, FRUITY PEBBLES 5.56 0.14 13933 Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw 5.55 0.09 23603 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 5.54 0.08 36011 T.G.I. FRIDAY'S, classic sirloin steak (10 ox) 5.54 0.01 23613 Beef, top loin petitic roast, boneless, separable lean only, trimmed to 1/8" fat, choice, raw 5.53 0.09 23252 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, roasted 5.52 0.08 23904 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw 5.52 0.09 23541 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 5.51 0.09 23498 Beef, chuck for stew, separable lean and fat, trimmed to 1/8" fat, select, cooked 5.50 0.08 23498	23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	5.57	0.09
17111 Veal, rib, separable lean and fat, cooked, braised 5.57 0.13 08034 Cereals ready-to-eat, POST, FRUITY PEBBLES 5.56 0.14 13933 Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried 5.55 0.13 23603 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 5.54 0.08 36011 T.G.I. FRIDAY'S, classic sirloin steak (10 oz) 5.54 0.11 23613 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw 5.53 0.09 23252 Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted 5.52 0.08 23996 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, roasted 5.52 0.09 23094 Beef, chuck for stew, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 5.51 0.09 23498 Beef, cluck for stew, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled 5.51 0.09 23498 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked 5.50 0.08 <t< td=""><td>23632</td><td>Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw</td><td>5.57</td><td>0.09</td></t<>	23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	5.57	0.09
08034 Cereals ready-to-eat, POST, FRUITY PEBBLES 5.56 0.14 13933 Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw 5.55 0.13 23603 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw 5.55 0.09 23608 Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 5.54 0.08 36011 T.G.I. FRIDAY'S, classic sirloin steak (10 az) 5.54 0.11 23613 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw 5.53 0.09 23252 Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw 5.52 0.08 23596 Beef, pisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted 5.52 0.09 23949 Beef, chuck for stew, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 5.51 0.09 23498 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked 5.50 0.91 13092 Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled 5.49	13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	5.57	0.08
13933 Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried 5.55 0.09 23603 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw 5.55 0.09 23608 Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 5.54 0.08 36011 T.G.I. FRIDAY'S, classic sirloin steak (10 oz) 5.54 0.11 23613 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw 5.53 0.09 23252 Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted 5.52 0.08 23596 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw 5.52 0.09 23094 Beef, chuck for stew, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 5.51 0.09 23498 Beef, plate, outside skirt steak, separable lean and fat, trimmed to 1/8" fat, select, cooked 5.50 0.08 23498 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked 5.50 0.09 23498 Beef, fib, eye, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, sele	17111	Veal, rib, separable lean and fat, cooked, braised	5.57	0.13
23603 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw 5.55 0.09 23608 Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 5.54 0.08 36011 T.G.I. FRIDAY'S, classic sirloin steak (10 oz) 5.54 0.11 23613 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw 5.53 0.09 23525 Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted 5.52 0.08 23596 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw 5.52 0.09 23094 Beef, chuck for stew, separable lean and fat, select, raw 5.51 0.09 23498 Beef, plate, outside skirt steak, separable lean and fat, trimmed to 1/8" fat, select, cooked 5.50 0.08 23498 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 5.50 0.08 23095 Spices, caraway seed 5.50 0.91 13098 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 5.49 0.08 <t< td=""><td>08034</td><td>Cereals ready-to-eat, POST, FRUITY PEBBLES</td><td>5.56</td><td>0.14</td></t<>	08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	5.56	0.14
23608 Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 5.54 0.08 36011 T.G.I. FRIDAY'S, classic sirloin steak (10 oz) 5.54 0.11 23613 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw 5.53 0.09 23252 Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted 5.52 0.08 23596 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw 5.51 0.09 23094 Beef, chuck for stew, separable lean and fat, select, raw 5.51 0.09 23498 Beef, plate, outside skirt steak, separable lean only, trimmed to 1/8" fat, select, cooked 5.50 0.08 02005 Spices, caraway seed 5.50 0.08 13098 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 5.49 0.09 13869 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled 5.49 0.08 13902 Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled 5.49 0.09 23638 Beef, chuck, shoulder clod, shoulder top	13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	5.55	0.13
36011 T.G.I. FRIDAY'S, classic sirloin steak (10 oz) 5.54 0.11 23613 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw 5.53 0.09 23252 Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted 5.52 0.08 23596 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw 5.51 0.09 23094 Beef, chuck for stew, separable lean and fat, select, raw 5.51 0.09 23541 Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 5.51 0.09 23498 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked 5.50 0.08 02005 Spices, caraway seed 5.50 0.91 13098 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 5.49 0.09 13869 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled 5.49 0.08 13902 Beef, chuck, shoulder top and center steaks, separable lean and fat, trimmed to 1/8" fat, all grades, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, round, bottom round, steak, separable lean onl	23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	5.55	0.09
23613 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw 5.53 0.09 23252 Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted 5.52 0.08 23596 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw 5.52 0.09 23094 Beef, chuck for stew, separable lean and fat, select, raw 5.51 0.09 23541 Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 5.51 0.09 23498 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked 5.50 0.08 02005 Spices, caraway seed 5.50 0.91 13098 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled 5.49 0.09 13869 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled 5.49 0.08 13902 Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled 5.49 0.12 23057 Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled 5.49 0.09 </td <td>23608</td> <td>Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled</td> <td>5.54</td> <td>0.08</td>	23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	5.54	0.08
23252 Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted 5.52 0.08 23596 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw 5.52 0.09 23094 Beef, chuck for stew, separable lean and fat, select, raw 5.51 0.09 23541 Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 5.51 0.09 23498 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked 5.50 0.08 02005 Spices, caraway seed 5.50 0.91 13098 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 5.49 0.09 13869 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled 5.49 0.08 13902 Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled 5.49 0.09 23638 Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw 5.49 0.09 23612 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw 5.48 0.09	36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	5.54	0.11
Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw 5.52 0.09 23094 Beef, chuck for stew, separable lean and fat, select, raw 5.51 0.09 23541 Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 5.51 0.09 23498 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked 5.50 0.08 02005 Spices, caraway seed 5.50 0.91 13098 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled 5.49 0.09 13869 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 5.49 0.08 13902 Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled 5.49 0.09 23057 Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw 5.49 0.09 23638 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 5.49 0.09 23612 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw 5.48 0.09	23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	5.53	0.09
Beef, chuck for stew, separable lean and fat, select, raw 5.51 0.09 23541 Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 5.51 0.09 23498 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked 5.50 0.08 02005 Spices, caraway seed 5.50 0.91 13098 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled 5.49 0.09 13869 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled 5.49 0.08 13902 Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled 5.49 0.12 23057 Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw 5.49 0.09 23638 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 5.49 0.09 23612 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw 5.48 0.09	23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	5.52	0.08
Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 5.51 0.09 23498 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked 5.50 0.08 02005 Spices, caraway seed 5.50 0.91 13098 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled 5.49 0.09 13869 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 5.49 0.08 13902 Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled 5.49 0.12 23057 Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw 5.49 0.09 23638 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 5.49 0.09 23612 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw 5.48 0.09	23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	5.52	0.09
Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked 5.50 0.08 Spices, caraway seed 5.50 0.91 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled 5.49 0.09 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 5.49 0.08 Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled 5.49 0.12 Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw 5.49 0.09 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 5.49 0.09 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 5.49 0.09	23094	Beef, chuck for stew, separable lean and fat, select, raw	5.51	0.09
Spices, caraway seed Spices, caraway spices, cooked, broiled Spices, caraway spices, cooked, broiled Spices, caraway spices, caraway spices, cooked, broiled Spices, caraway spices, cooked, broil	23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	5.51	0.09
Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw 5.49 0.09 23612 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	5.50	0.08
Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 5.49 0.08 Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled 5.49 0.12 23057 Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw 5.49 0.09 23638 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 5.49 0.09 23612 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw 5.49 0.09	02005	Spices, caraway seed	5.50	0.91
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled 5.49 0.12 23057 Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw 5.49 0.09 23638 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 5.49 0.09 23612 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw 5.48 0.09	13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	5.49	0.09
Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw 5.49 0.09 23612 Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw 5.49 0.09 23612 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw 5.49 0.09	13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	5.49	0.08
Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw 5.49 0.09	13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	5.49	0.12
Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw 5.48	23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	5.49	0.09
·	23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	5.49	0.09
Beans, baked, canned, with pork and tomato sauce 5.48	23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	5.48	0.09
	16011	Beans, baked, canned, with pork and tomato sauce	5.48	0.21

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
15226	Crustaceans, crab, dungeness, cooked, moist heat	5.47	0.73
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	5.47	0.09
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	5.46	0.08
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	5.46	0.09
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	5.46	0.09
13490	Beef, rib, eye, small end (ribs 10-12) separable lean only, trimmed to 0" fat, select, cooked, broiled	5.46	0.08
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	5.45	0.08
02029	Spices, parsley, dried	5.44	0.78
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	5.44	0.08
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	5.44	0.11
23413	Beef, New Zealand, imported, flat, separable lean only, raw	5.44	0.12
23506	USDA Commodity, beef patties with VPP, frozen, raw	5.44	0.16
36013	Restaurant, family style, sirloin steak	5.44	0.10
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	5.43	0.09
36608	CRACKER BARREL, grilled sirloin steak	5.42	0.11
23095	Beef, chuck for stew, separable lean and fat, choice, raw	5.41	0.08
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	5.41	0.08
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	5.41	0.09
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	5.41	0.07
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	5.41	0.16
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	5.40	0.10
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	5.40	
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	5.40	
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	5.40	0.08
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	5.40	0.07
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	5.40	0.09
17338	Game meat, elk, ground, raw	5.40	0.15
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	5.40	0.09
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	5.39	0.07
32029	Rice mix, white and wild, flavored, unprepared	5.39	0.53
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	5.39	0.08
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	5.38	0.08
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	5.38	0.08
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	5.38	0.09
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	5.37	0.08
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	5.37	0.08

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	5.36	0.18
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	5.36	0.08
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	5.35	0.08
36000	APPLEBEE'S, 9 oz house sirloin steak	5.35	0.08
12086	Nuts, cashew nuts, oil roasted, without salt added	5.35	2.04
12586	Nuts, cashew nuts, oil roasted, with salt added	5.35	2.04
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	5.35	0.12
17148	Bison, ground, grass-fed, cooked	5.34	0.15
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	5.33	0.09
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	5.33	0.08
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	5.32	0.07
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	5.32	0.12
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	5.31	0.08
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	5.31	0.09
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	5.30	0.08
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	5.30	0.08
02002	Spices, anise seed	5.30	0.91
12039	Seeds, sunflower seed kernels, toasted, without salt	5.30	1.83
12539	Seeds, sunflower seed kernels, toasted, with salt added	5.30	1.83
13326	Beef, variety meats and by-products, liver, cooked, braised	5.30	14.28
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	5.30	0.07
12037	Seeds, sunflower seed kernels, dry roasted, without salt	5.29	1.83
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	5.29	1.83
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	5.29	1.83
19403	Snacks, crisped rice bar, almond	5.29	0.25
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	5.29	0.10
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	5.28	0.10
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	5.28	0.10
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	5.28	0.09
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	5.28	0.08
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	5.28	0.08
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	5.27	0.13
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	5.27	0.14
17169	Game meat, goat, cooked, roasted	5.27	0.30
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	5.27	0.20
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	5.27	0.09

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	5.26	0.09
23503	USDA Commodity, beef, patties (100%), frozen, cooked	5.26	0.06
36615	DENNY'S, top sirloin steak	5.26	0.12
17163	Game meat, caribou, cooked, roasted	5.26	0.26
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	5.25	0.07
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	5.25	0.12
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	5.25	0.14
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	5.24	0.09
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	5.24	0.17
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	5.23	0.10
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	5.23	14.59
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	5.23	0.08
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	5.23	0.11
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	5.22	0.07
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	5.22	0.10
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	5.22	0.10
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	5.22	0.13
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	5.22	0.12
23477	Beef, ground, 97% lean meat / 3% fat, raw	5.21	0.08
12038	Seeds, sunflower seed kernels, oil roasted, without salt	5.21	1.80
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	5.21	1.80
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	5.21	0.10
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	5.21	0.07
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	5.21	0.17
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	5.21	0.17
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	5.21	0.11
02016	Spices, dill seed	5.20	0.78
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	5.20	0.39
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	5.20	0.39
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	5.20	0.39
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	5.20	0.39
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	5.20	0.39
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	5.20	0.30
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	5.20	0.09
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	5.20	0.14
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	5.20	0.07

1721 Veal, variety meats and by products, panerose, condeed, pane brailed 5.21 0.10 1724 Game mean, deer, ground, condeed, pane brailed 5.21 0.10 1725 Bearl, bink, they brailed petitier meat/filed, bunders, separable lean only, trimmed to 0° fat, all grades, rase 5.20 0.10 1726 Searl, chack, shoulder cloal, shoulder leader, medializon, separable lean and fat, trimmed to 0° fat, select, croked, grilled 5.19 0.028 1722 Searl, ph. back, this, possible positive coast/filed, bunders, separable lean and fat, trimmed to 0° fat, eloboc, rase 5.19 0.00 1723 Cercula ready-to-cat, KELLOGG, KELLOGGS CRISFIX 0.00 1724 Searl, ph. back this, possible positive coast/filed, bunders, separable lean only, trimmed to 0° fat, cloice, rase 5.19 0.00 1725 Cercula ready-to-cat, KELLOGG, KELLOGGS CRISFIX 0.00 0.00 1726 Cercula ready-to-cat, KELLOGG, KELLOGGS NARSHNALLOW RECOTLOOPS 5.19 0.00 1726 Searl, rho, back this, begin in the control of 18° fit, prince, cooked, broiled 5.16 0.21 1726 Deerf, New Zealand, imported, brisker point end, separable lean only, crothed, braised 5.16 0.21 1727 Searl, ready-to-cat,	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
23261 Beef, Ioin, top sirloin petite roast-filler, boncless, separable lean only, trimmed to 0° fat, all grader, raw 5.20 0.10	17213	Veal, variety meats and by-products, pancreas, cooked, braised	5.20	0.10
2005 Beef, chuck, shoulder elods, shoulder render, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, braised 5.19 0.08 2324 Beef, bin, to pacificate pietre castifilities, beene only, trimmed to 0" fat, choice, row 5.19 0.01 0825 Careals ready-to-eat, RELLOGG, RELLOGGS CRISPIN 5.19 0.09 08276 Careals ready-to-eat, RELLOGG, RELLOGGS CRISPIN 5.19 0.09 08276 Careals ready-to-eat, RELLOGG, RELLOGGS CRISPIN 5.19 0.00 08278 Careals ready-to-eat, RELLOGG, RELLOGGS CRISPIN 5.19 0.00 08288 Nuss, cacked better, plain, without staff added 5.10 0.01 02382 Beef, fin, whole, first, beef electron, and fat, trimmed to 18" fat, prince, cooked, broiled 5.10 0.10 023402 Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised 5.10 0.01 023403 Beef, mond, we of cound, roast, separable lean only, trimmed to 10" fat, choice, cooked, roasted 5.16 0.01 023404 Beef, mond, we of cound, roast, separable lean only, trimmed to 10" fat, choice, row 5.15 0.00 023405 Beef, brisket, fat half, bouckess, separable lean only, trimmed to 10" fat, choice, row 5.15 0.00 023406 Beef, brisket, fat half, bouckess, separable lean only, trimmed to 10" fat, choice, row 5.15 0.01 02321 Came mean, bison, ground, cooked, pan-broiled 5.14 0.15 02322 Beef, plate sized, borneless, outside shirt, separable lean and fat, trimmed to 0" fat, select, row 5.13 0.01 02341 Beef, roand, top round steak, boncless, separable lean and fat, trimmed to 0" fat, select, row 5.13 0.01 03550 Beef, plate sized, borneless, outside shirt, separable lean and fat, trimmed to 0" fat, select, row 5.11 0.15 03226 Beef, plate sized, borneless, outside shirt, separable lean and fat, trimmed to 0" fat, select, row 5.11 0.10 03551 Beef, plate sized, borneless, outside shirt, separable lean and fat, trimmed to 0" fat, delice, cooked, grilled 5.10 0.10 03660 Beef, flate, sized, perparable lean	17344	Game meat, deer, ground, cooked, pan-broiled	5.20	0.10
23234 Reef, rith, back riths, brune-in, separable lean and fat, trimmed to 0° fat, choice, cawed 5.19 0.08 23230 Reef, list, top, so fathin petite measified, boneless, separable lean only, trimmed to 0° fat, choice, raw 5.19 0.00 08259 Cereals ready-to-ceat, KELLOGG, CRIENC 5.19 0.09 08376 Cereals ready-to-ceat, KELLOGG, CRIENC 5.19 0.09 13844 Beef, rhy, whole cribs 6-12), separable lean and fat, trimmed to 18° fat, prime, cooked, broiled 5.16 0.11 23808 Nise, caches broater, plan, without satt added 5.16 0.17 23402 Beef, New Zealand, imported, brisket point end, separable lean only, trimmed to 18° fat, choice, cooked, roasted 5.16 0.07 23605 Beef, round, cyc of round, roast, separable lean only, trimmed to 0° fat, all grades, cooked, grilled 5.15 0.07 13506 Reef, brisket, flat half, boulesses, separable lean only, trimmed to 0° fat, all grades, cooked, grilled 5.15 0.07 13530 Game meat, bisson, ground, cooked, pan-broided 5.14 0.15 13222 Beef, plase seak, boundess, timped to ear and fat, trimmed to 0° fat, select, raw 5.13 0.07 13530 <t< td=""><td>23261</td><td>Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw</td><td>5.20</td><td>0.10</td></t<>	23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	5.20	0.10
Beef,	23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	5.19	0.25
08259 Carcals ready-to-eat, KELLOGG, KELLOGGS CRISPIX 5.19 0.20 08376 Circals ready-to-eat, KELLOGGS ARSHANALLOW FROOTLOOPS 5.19 0.09 1384 Beef, rib, whole (table o-laz) separable leam and fat, trimmed to 1/8" fat, prime, cooked, broiled 5.16 0.21 23402 Beef, New Zealand, imported, brisket point end, separable leam only, cooked, broised 5.16 0.01 23402 Beef, round, imported, brisket point end, separable leam only, trimmed to 18" fat, choice, cooked, rousted 5.16 0.01 23045 Beef, round, knuckle, tip center, steak, separable leam only, trimmed to 0" fat, choice, row 5.15 0.08 13940 Beef, bround, knuckle, tip center, steak, separable leam only, trimmed to 0" fat, choice, row 5.15 0.07 12830 Beef, brisket, that half, boneless, separable leam only, trimmed to 0" fat, choice, row 5.15 0.07 17283 Lamb, Australiam, imported, fresh, composite of trimmed to 0" fat, choice, row 5.13 0.07 17331 Grame meat, bison, ground, cooked, pur-broided 5.14 0.15 23226 Beef, plate steak, boneless, separable leam and fat, trimmed to 0" fat, select, raw 5.13 0.08 11615	23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	5.19	0.08
0876 Cereals realy-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS 5.19 0.09 1884 Beef, filt, whole (ribs 6-12), separable lean and fat, trimmed to 18° fat, prime, cooked, broiled 5.19 0.08 1288 Nuts, coalnew beuter, plain, without stalt added 5.16 2.19 23402 Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised 5.16 0.01 23045 Beef, round, cound, eye of round, roast, separable lean only, trimmed to 18° fat, thoise, cooked, roasted 5.16 0.07 23045 Beef, round, kouckle, tip center, seak, separable lean and fat, trimmed to 0° fat, choice, raw 5.15 0.08 13940 Beef, round, kouckle, tip center, seak, separable lean and fat, trimmed to 0° fat, choice, raw 5.15 0.07 13956 Beef, troud, kouckle, tip center, seak, separable lean and fat, trimmed to 0° fat, choice, raw 5.15 0.07 13981 Beef, toud, kouckle, tip center, seak, separable lean and fat, trimmed to 0° fat, select, raw 5.13 0.08 17232 Beef, plate steak, boneless, uto-discise skirt, separable lean and fat, trimmed to 0° fat, select, raw 5.13 0.08 18165 Chives, freeze dried 5.12 0.69	23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	5.19	0.10
1884 Beef, rith, whole (ribs 6-12), separable lean and fat, trimmed to 1.8" fat, prime, cocked, broiled 5.16 2.19 28402 Beef, round, imported, brisket point end, separable lean only, cocked, broised 5.16 0.017 28602 Beef, round, kmuckle, tip center, steak, separable lean only, trimmed to 18" fat, choice, cooked, roasted 5.16 0.007 28045 Beef, round, kmuckle, tip center, steak, separable lean only, trimmed to 0" fat, choice, raw 5.15 0.008 38491 Beef, round, to pround steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 5.15 0.07 38596 Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw 5.15 0.07 38596 Lamb, Australian, imported, resh, composite of trimmed retail cuts, separable lean only, trimmed to 18" fat, cooked 5.14 0.15 3831 Came meat, bison, ground, cooked, pan-broiled 5.14 0.15 38226 Beef, plate steak, boneless, playerable lean and fat, trimmed to 0" fat, select, raw 5.13 0.17 38232 Beef, freeze-dried 5.12 0.069 3899 Beef, mound, top round steak, boneless, separable lean and fat, trimmed to 0" fat, allerac, cooked, grilled 5.12 0.07 3818 Veal, shoulder, whole (arm and black), separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 5.12 0.07 3818 Beef, short loin, t-bone steak, separable lean and fat, croked, roosted 5.11 0.09 3848 Beef, short loin, t-bone steak, separable lean and fat, cooked, broiled 5.11 0.04 3840 Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled 5.11 0.14 3840 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled 5.11 0.14 3841 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled 5.11 0.14 3842 Game mean, bison, top sirloin, separable lean only, trimmed to 0" fat, choice, cooked, broiled 5.10 0.08 3845 Beef, composite of	08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	5.19	0.20
2088 Nuts, cashew butter, plain, without salt added	08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	5.19	0.09
2402 Beef, New Zealand, imported, brisket point end, separable lean only, trimmed to 1%" fat, choice, cooked, roasted 5.16 0.07 23045 Beef, round, cyc of round, coast, separable lean only, trimmed to 1%" fat, choice, cooked, roasted 5.15 0.08 23045 Beef, round, knuckte, tip center, steak, separable lean only, trimmed to 0" fat, choice, raw 5.15 0.08 13491 Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw 5.15 0.07 17283 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1%" fat, cooked 5.14 0.15 17331 Game meat, bison, ground, cooked, pan-broiled 5.14 0.15 23226 Beef, plate steak, boneless, usuisie skirt, separable lean and fat, trimmed to 0" fat, select, raw 5.13 0.08 11615 Chives, freeze-dried 5.12 0.69 3959 Beef, rib cye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 5.12 0.69 1711 Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted 5.12 0.14 13070 Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled 5.11 </td <td>13834</td> <td>Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled</td> <td>5.19</td> <td>0.08</td>	13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	5.19	0.08
25620 Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted 5.16 0.07 23045 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw 5.15 0.08 13491 Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, choice, raw 5.15 0.07 17285 Lemb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked 5.14 0.15 17331 Game meat, bison, ground, cooked, pan-Proiled 5.14 0.15 23226 Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw 5.13 0.07 13050 Chives, freeze-dried 5.12 0.08 13050 Beef, plate steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 5.12 0.07 1718 Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted 5.12 0.07 1718 Veal, shoulder, whole (arm and blade), separable lean only, trimmed to 0" fat, choice, cooked, broiled 5.11 0.09 13841 Beef, short Join, bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled <	12088	Nuts, cashew butter, plain, without salt added	5.16	2.19
2045 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw 5.15 0.08 13491 Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 5.15 0.07 13596 Beef, brisket, flat haft, boneless, separable lean only, trimmed to 0" fat, choice, raw 5.15 0.07 17283 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 18" fat, cooked 5.14 0.15 23226 Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw 5.13 0.08 11615 Chives, freeze-dried 5.12 0.69 13959 Beef, riot eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw 5.13 0.08 11615 Chives, freeze-dried 5.12 0.69 13959 Beef, froud, top round steak, boneless, separable lean and fat, cooked, broiled 5.12 0.07 17118 Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, rousted 5.11 0.09 13481 Beef, short loin, bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled 5.11 0.14 17055 <td>23402</td> <td>Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised</td> <td>5.16</td> <td>0.11</td>	23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	5.16	0.11
13491 Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 5.15 0.07 13596 Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw 5.15 0.07 17283 Lamb, Australina, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked 5.14 0.15 17331 Game meat, bison, ground, cooked, pan-broiled 5.14 0.15 17332 Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw 5.13 0.17 23232 Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw 5.13 0.08 1805 Chives, freeze-dried 5.12 0.69 13959 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 5.12 0.07 17118 Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted 5.11 0.14 13070 Beef, flank, seak, separable lean only, trimmed to 0" fat, cooked, broiled 5.11 0.14 13484 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, cooked, broiled 5.11 0.14 17055 Lamb, domestic, shoulder, blade, separable lean only, trimmed to 0" fat, choice, raw 5.11 0.11 17332 Game meat, bison, top sirloin, separable lean only, trimmed to 1/4" fat, choice, raw 5.11 0.11 17333 Game meat, bison, top sirloin, separable lean only, trimmed to 1/4" fat, choice, raw 5.10 0.39 18796 Beef, composite of trimmed retail cuts, separable lean only, cooked, broiled 5.10 0.08 18796 Beef, composite of trimmed retail cuts, separable lean only, cooked, broiled 5.10 0.12 17340 Game meat, elik, loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked 5.10 0.12 17340 Game meat, elik, loin, separable lean only, cooked, broiled 5.10 0.12 17340 Game meat, elik, loin, separable lean only, cooked, broiled 5.10 0.12 17340 Game meat, elik	23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	5.16	0.07
13596 Beef, brisket, flat half, boncless, separable lean only, trimmed to 0" fat, choice, raw 5.15 0.07 17283 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked 5.14 0.15 17331 Game meat, bision, ground, cooked, pan-broiled 5.14 0.15 23226 Beef, pilae steak, boncless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw 5.13 0.08 1805 Chives, freeze-dried 5.12 0.69 13959 Beef, round, top round steak, boncless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 5.12 0.07 17118 Veal, shoulder, whole (arm and blade), separable lean and fat, choice, cooked, broiled 5.11 0.09 13070 Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled 5.11 0.09 13481 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled 5.11 0.14 17352 Game meat, bison, top sirloin, separable lean only, trimmed to 1/4" fat, choice, raw 5.11 0.11 17332 Game meat, bison, top sirloin, separable lean only, trimmed to 1/4" fat, choice, raw 5.10 0.39	23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	5.15	0.08
17283 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked 5.14 0.15 17331 Game meat, bison, ground, cooked, pan-broiled 5.14 0.15 23226 Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw 5.13 0.07 23232 Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw 5.12 0.69 11615 Chives, freeze-dried 5.12 0.69 13959 Beef, round, top round steak, boneless, separable lean and fat, cooked, rosted 5.12 0.07 17118 Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, prosted 5.12 0.07 17118 Veal, shoulder, whole (arm and blade), separable lean only, trimmed to 0" fat, choice, cooked, broiled 5.11 0.09 13481 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled 5.11 0.14 13484 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled 5.11 0.14 13481 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled 5.11 0	13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	5.15	0.07
17331 Game meat, bison, ground, cooked, pan-broiled 5.14 0.15 23226 Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw 5.13 0.17 23232 Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw 5.12 0.08 11615 Chives, freeze-dried 5.12 0.07 13959 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 5.12 0.07 17118 Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted 5.12 0.14 13070 Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled 5.11 0.09 13481 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled 5.11 0.14 17055 Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw 5.11 0.14 17332 Game meat, bison, top sirioin, separable lean only, trimmed to 1/4" fat, choice, raw 5.11 0.21 03980 Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder 5.10 0.39 13796 Beef, c	13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	5.15	0.07
23226 Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw 5.13 0.07 23232 Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw 5.13 0.08 11615 Chives, freeze-dried 5.12 0.69 13959 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 5.12 0.07 17118 Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted 5.12 0.14 13070 Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled 5.11 0.09 13481 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled 5.11 0.14 13484 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, choice, raw 5.11 0.14 17055 Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw 5.11 0.11 17332 Game meat, bison, top sirloin, separable lean only, trimmed to 1/4" fat, choice, raw 5.11 0.21 03980 Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder 5.10 0.39	17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	5.14	0.15
23232 Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw 5.13 0.08 11615 Chives, freeze-dried 5.12 0.69 13959 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 5.12 0.07 17118 Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted 5.12 0.14 13070 Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled 5.11 0.09 13481 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled 5.11 0.14 13484 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled 5.11 0.14 17332 Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled 5.11 0.21 17332 Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled 5.10 0.39 13796 Beef, composite of trimmed retail cuts, separable lean only and fat, trimmed to 1/8" fat, all grades, cooked 5.10 0.08 16099 Peanut flour, defatted 5.10 0.12 17340 Game meat, elk, loin, separable lean only, cooked, broiled 5	17331	Game meat, bison, ground, cooked, pan-broiled	5.14	0.15
11615 Chives, freeze-dried 5.12 0.69 13959 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 5.12 0.07 17118 Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted 5.12 0.14 13070 Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled 5.11 0.09 13481 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled 5.11 0.14 13484 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled 5.11 0.14 17055 Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw 5.11 0.11 17332 Game meat, bison, top sirloin, separable lean only, trimmed to 1/4" fat, choice, raw 5.11 0.21 03980 Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder 5.10 0.39 15099 Peanut flour, defatted 5.10 0.08 16099 Peanut flour, defatted 5.10 0.12 17340 Game meat, elk, loin, separable lean only, cooked, broiled 5.10 0.17 <td>23226</td> <td>Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw</td> <td>5.13</td> <td>0.17</td>	23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	5.13	0.17
13959 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 5.12 0.07 17118 Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted 5.12 0.14 13070 Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled 5.11 0.09 13481 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled 5.11 0.14 13484 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled 5.11 0.14 17055 Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw 5.11 0.11 17332 Game meat, bison, top sirloin, separable lean only, 1" steak, cooked, broiled 5.11 0.21 03980 Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder 5.10 0.39 13796 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked 5.10 0.08 16099 Peanut flour, defatted 5.10 0.12 17340 Game meat, elk, loin, separable lean only, cooked, broiled 5.10 0.17 17368	23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	5.13	0.08
17118 Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted 5.12 0.14 13070 Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled 5.11 0.09 13481 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled 5.11 0.14 13484 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled 5.11 0.14 17055 Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw 5.11 0.11 17332 Game meat, bison, top sirloin, separable lean only, trimmed to 1/4" fat, choice, raw 5.11 0.21 03980 Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder 5.10 0.39 13796 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked 5.10 0.08 16099 Peanut flour, defatted 5.10 0.12 17340 Game meat, elk, loin, separable lean only, cooked, broiled 5.10 0.17 17368 Lamb, New Zealand, imported, liver, cooked, soaked and fried 5.10 0.13 23064 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grille	11615	Chives, freeze-dried	5.12	0.69
Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled S.11 13484 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled S.11 17055 Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw S.11 17332 Game meat, bison, top sirloin, separable lean only, 1" steak, cooked, broiled S.11 O.21 O.3980 Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked T.099 Peanut flour, defatted S.10 O.12 O.12 O.1340 Game meat, elk, loin, separable lean only, cooked, broiled S.10 O.17 O.17 O.18 Lamb, New Zealand, imported, liver, cooked, soaked and fried Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	5.12	0.07
13481Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled5.110.1413484Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled5.110.1417055Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw5.110.1117332Game meat, bison, top sirloin, separable lean only, 1" steak, cooked, broiled5.110.2103980Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder5.100.3913796Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked5.100.0816099Peanut flour, defatted5.101.8017091Veal, composite of trimmed retail cuts, separable lean only, cooked5.100.1217340Game meat, elk, loin, separable lean only, cooked, broiled5.100.1717368Lamb, New Zealand, imported, liver, cooked, soaked and fried5.1013.4023064Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled5.100.1233862Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder5.100.38	17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	5.12	0.14
Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw 5.11 0.11 17332 Game meat, bison, top sirloin, separable lean only, 1" steak, cooked, broiled 5.11 0.21 03980 Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder 5.10 0.39 13796 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked 5.10 1.80 17091 Veal, composite of trimmed retail cuts, separable lean only, cooked 5.10 0.12 17340 Game meat, elk, loin, separable lean only, cooked, broiled 5.10 0.17 17368 Lamb, New Zealand, imported, liver, cooked, soaked and fried 23064 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 5.10 0.38 Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder 5.10 0.38	13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	5.11	0.09
Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw 5.11 17332 Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled 5.11 0.21 03980 Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder 5.10 0.39 13796 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked 5.10 1.80 17091 Veal, composite of trimmed retail cuts, separable lean only, cooked 5.10 0.12 17340 Game meat, elk, loin, separable lean only, cooked, broiled 5.10 0.17 17368 Lamb, New Zealand, imported, liver, cooked, soaked and fried 5.10 13.40 23064 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 5.10 0.12 33862 Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder 5.10 0.38	13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	5.11	0.14
Game meat, bison, top sirloin, separable lean only, 1" steak, cooked, broiled Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked 5.10 0.08 16099 Peanut flour, defatted 5.10 1.80 17091 Veal, composite of trimmed retail cuts, separable lean only, cooked 5.10 0.12 17340 Game meat, elk, loin, separable lean only, cooked, broiled 5.10 0.17 17368 Lamb, New Zealand, imported, liver, cooked, soaked and fried 5.10 13.40 23064 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder 5.10 0.38	13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	5.11	0.14
Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder 13796 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked 16099 Peanut flour, defatted 17091 Veal, composite of trimmed retail cuts, separable lean only, cooked 17340 Game meat, elk, loin, separable lean only, cooked, broiled 17368 Lamb, New Zealand, imported, liver, cooked, soaked and fried 17369 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 17360 Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder 17380 Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder 17380 Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder 17380 Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	5.11	0.11
Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked 5.10 0.08 Peanut flour, defatted 5.10 1.80 Veal, composite of trimmed retail cuts, separable lean only, cooked 5.10 0.12 17340 Game meat, elk, loin, separable lean only, cooked, broiled 5.10 0.17 17368 Lamb, New Zealand, imported, liver, cooked, soaked and fried 5.10 13.40 23064 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 5.10 0.12 17380	17332	Game meat, bison, top sirloin, separable lean only, 1" steak, cooked, broiled	5.11	0.21
Peanut flour, defatted 5.10 1.80 17091 Veal, composite of trimmed retail cuts, separable lean only, cooked 5.10 0.12 17340 Game meat, elk, loin, separable lean only, cooked, broiled 5.10 0.17 17368 Lamb, New Zealand, imported, liver, cooked, soaked and fried 5.10 13.40 23064 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 5.10 0.12 33862 Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder 5.10 0.38	03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	5.10	0.39
17091 Veal, composite of trimmed retail cuts, separable lean only, cooked 17340 Game meat, elk, loin, separable lean only, cooked, broiled 17368 Lamb, New Zealand, imported, liver, cooked, soaked and fried 17368 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 17368 Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder 17368 Same meat, elk, loin, separable lean only, cooked, broiled 17368 Same meat, elk, loin, separable lean only, cooked, broiled 17368 Same meat, elk, loin, separable lean only, cooked, broiled 17368 Same meat, elk, loin, separable lean only, cooked, broiled 17368 Same meat, elk, loin, separable lean only, cooked, broiled 17368 Same meat, elk, loin, separable lean only, cooked, broiled 17368 Same meat, elk, loin, separable lean only, cooked, broiled 17368 Same meat, elk, loin, separable lean only, cooked, broiled 17368 Same meat, elk, loin, separable lean only, cooked, broiled 17368 Same meat, elk, loin, separable lean only, cooked, broiled 17368 Same meat, elk, loin, separable lean only, cooked, broiled 17368 Same meat, elk, loin, separable lean only, cooked, broiled 17368 Same meat, elk, loin, separable lean only, cooked, broiled 17368 Same meat, elk, loin, separable lean only, cooked, broiled 17368 Same meat, elk, loin, separable lean only, cooked, broiled 17368 Same meat, elk, loin, separable lean only, cooked, broiled 17368 Same meat, elk, loin, separable lean only, cooked, broiled 17368 Same meat, elk, loin, separable lean only, cooked, broiled 17368 Same meat, elk, loin, separable lean only, cooked, broiled 17368 Same meat, elk, loin, separable lean only, cooked, broiled 17368 Same meat, elk, loin, separable lean only, cooked, broiled 17368 Same meat, elk, loin, separable lean only, cooked, broiled 17368 Same meat, elk, loin, separable lean only, cooked, broiled 17368 Same meat, elk, loin, separable lean only, cooked, broiled 17368 Same meat, elk, loin, separable lean only, elk, elk, elk, elk, elk, elk, elk,	13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	5.10	0.08
Game meat, elk, loin, separable lean only, cooked, broiled Lamb, New Zealand, imported, liver, cooked, soaked and fried S.10 13.40 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder 5.10 0.12	16099	Peanut flour, defatted	5.10	1.80
Lamb, New Zealand, imported, liver, cooked, soaked and fried 5.10 13.40 23064 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 5.10 0.12 33862 Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder 5.10 0.38	17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	5.10	0.12
Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 5.10 0.12 Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder 5.10 0.38	17340	Game meat, elk, loin, separable lean only, cooked, broiled	5.10	0.17
Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder 5.10 0.38	17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	5.10	13.40
·	23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	5.10	0.12
Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder 5.10	33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	5.10	0.38
	33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	5.10	0.38

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	5.10	0.38
23557	Beef, ground, 95% lean meat / 5% fat, raw	5.09	0.08
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	5.09	0.08
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	5.09	0.08
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	5.09	0.38
05629	Emu, inside drums, cooked, broiled	5.09	0.27
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	5.09	0.07
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	5.08	0.12
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	5.08	0.07
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	5.07	0.07
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	5.07	0.07
12143	Nuts, pecans, dry roasted, without salt added	5.07	1.17
12643	Nuts, pecans, dry roasted, with salt added	5.07	1.17
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	5.07	0.07
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	5.07	0.08
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	5.07	0.08
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	5.07	0.15
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	5.06	0.14
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	5.06	0.14
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	5.06	0.14
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	5.06	0.08
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	5.06	0.08
16119	Soy meal, defatted, raw	5.06	2.00
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	5.06	0.08
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	5.06	0.07
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	5.05	0.07
12021	Seeds, safflower seed kernels, dried	5.05	1.75
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	5.05	0.06
16001	Beans, adzuki, mature seeds, raw	5.04	1.09
20063	Rye flour, dark	5.04	0.56
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	5.03	0.07
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	5.03	0.59
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	5.02	0.11
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	5.02	0.06
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	5.02	0.12
12022	Seeds, safflower seed meal, partially defatted	5.01	1.73

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	5.01	0.08
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	5.01	0.14
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	5.01	0.20
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	5.00	0.37
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	5.00	0.38
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	5.00	0.37
08002	Cereals ready-to-eat, POST, ALPHA-BITS	5.00	0.30
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	5.00	0.50
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	5.00	0.33
08029	Cereals ready-to-eat, POST Bran Flakes	5.00	0.50
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	5.00	0.08
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	5.00	
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	5.00	
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	5.00	
08706	Cereals ready-to-eat, KELLOGG SCOOBY-DOO! cereal	5.00	
12036	Seeds, sunflower seed kernels, dried	5.00	1.80
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	5.00	0.08
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	5.00	0.15
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	5.00	0.12
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	5.00	0.07
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	5.00	0.37
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	5.00	0.37
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	4.99	0.07
13355	Beef, cured, pastrami	4.98	0.09
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.98	0.07
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	4.98	0.07
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	4.97	0.08
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	4.97	0.09
23472	Beef, ground, 93% lean meat / 7% fat, raw	4.97	0.08
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	4.96	0.07
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	4.95	0.18
12041	Seeds, sunflower seed flour, partially defatted	4.95	1.71
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	4.95	0.16
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	4.95	0.14
05652	Ostrich, oyster, cooked	4.94	0.18
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	4.94	0.12

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
13350	Beef, cured, dried	4.93	0.07
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	4.93	0.08
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	4.93	0.08
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	4.93	0.07
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	4.93	0.08
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4.93	0.07
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	4.93	0.08
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	4.92	0.08
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	4.92	0.07
23590	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	4.92	0.08
05650	Ostrich, outside strip, cooked	4.91	0.15
05647	Ostrich, inside strip, cooked	4.90	0.15
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.90	0.07
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	4.90	0.08
16128	Tofu, dried-frozen (koyadofu)	4.90	1.18
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	4.90	1.18
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	4.90	0.06
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	4.90	0.08
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	4.89	0.07
12040	Seeds, sunflower seed butter, without salt	4.89	1.60
12540	Seeds, sunflower seed butter, with salt added	4.89	1.60
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	4.89	0.07
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	4.89	0.07
16108	Soybeans, mature seeds, raw	4.89	1.66
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	4.89	0.13
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	4.88	0.10
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	4.88	0.16
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	4.88	0.07
13166	USDA Commodity, beef, canned	4.87	0.03
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	4.87	0.08
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	4.87	0.08
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	4.87	0.13
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	4.86	0.08
17152	Game meat, beefalo, composite of cuts, raw	4.86	
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	4.86	0.15
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	4.86	0.06

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	4.86	0.07
05656	Ostrich, tip trimmed, cooked	4.85	0.15
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	4.85	0.21
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	4.85	0.07
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	4.85	0.07
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	4.85	0.12
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	4.84	0.06
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	4.84	0.13
13317	Beef, ground, patties, frozen, cooked, broiled	4.84	0.08
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	4.83	0.07
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	4.83	0.09
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	4.83	0.79
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	4.83	0.08
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	4.83	0.16
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	4.83	0.16
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	4.82	0.08
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	4.82	0.07
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	4.82	0.09
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	4.82	0.07
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	4.82	0.07
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	4.82	0.06
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	4.81	0.11
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	4.81	0.07
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	4.81	0.06
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	4.81	0.09
02014	Spices, cumin seed	4.80	0.87
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	4.80	0.08
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	4.80	0.10
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	4.80	0.14
23562	Beef, ground, 90% lean meat / 10% fat, raw	4.79	0.07
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	4.79	0.09
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	4.79	0.09
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	4.79	0.07
13149	Beef, rib, shortribs, separable lean only, choice, raw	4.78	0.07
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.78	0.07
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	4.77	0.07

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
16111	Soybeans, mature seeds, dry roasted	4.77	1.08
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	4.77	0.11
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	4.76	0.08
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	4.76	0.11
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	4.76	0.11
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	4.76	0.19
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	4.76	0.07
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	4.75	0.07
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	4.75	0.08
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	4.75	0.08
16076	Lupins, mature seeds, raw	4.75	1.02
17138	Veal, sirloin, separable lean only, cooked, braised	4.75	0.14
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	4.74	0.06
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	4.74	0.07
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	4.74	0.12
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	4.74	0.18
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	4.74	0.07
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	4.73	0.10
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	4.73	0.07
02012	Spices, coriander leaf, dried	4.72	1.79
05658	Ostrich, top loin, cooked	4.72	0.15
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	4.72	0.13
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	4.72	0.12
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	4.72	0.17
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.71	0.06
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	4.71	0.07
05645	Ostrich, inside leg, cooked	4.71	0.15
07973	Turkey bacon, microwaved	4.71	0.12
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	4.71	0.14
02013	Spices, coriander seed	4.70	0.98
02015	Spices, curry powder	4.70	1.20
02038	Spices, sage, ground	4.70	0.76
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	4.70	0.07
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	4.69	0.13
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	4.69	0.08
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	4.68	0.10

1281 12mh, Australian, imported, freed, composite of intromed real cats, separable lean and fat, trimmed to 18° Int, cookend 487 1.29 1.346	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
13465 Beef, short loin, porterhouse steak, separable lean only, trimmed to 18" fit, all grades, cooked, grilled 4.67 0.07 13473 Beef, short loin, is horse seak, separable lean and far, trimmed to 18" fit, all grades, cooked, broiled 4.67 0.08 13821 Beef, this, small code fits 16-12, separable lean and fat, trimmed to 18" fit, all grades, cooked, broiled 4.67 0.08 13921 Beef, tenteriorin, seak, separable lean and fat, trimmed to 18" fit, all grades, cooked, troiled 4.67 0.08 13923 Beef, bottom siriorin, nri-sip rosest, separable lean and fat, trimmed to 0" fit, all grades, cooked, troiled 4.67 0.08 12235 Lamb, ground, cooked, broiled 4.67 0.05 12236 Beef, composite of timmed retail custs, separable lean only, trimmed to 18" fit, all grades, cooked, troiled 4.67 0.05 13939 Beef, composite of timmed retail custs, separable lean only, trimmed to 18" fit, choice, cooked, grilled 4.66 0.07 13949 Beef, composite of timmed retail custs, separable lean only, trimmed to 18" fit, choice, cooked, grilled 4.66 0.07 13922 Beef, Now, Scaland, imported, fundade, single and singl	17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	4.68	0.14
18473 Beaf, short loin, Phone steak, separable lean and far, trimmed to 16" far, all grades, cooked, broiled 4.67 0.08 18514 Beaf, short loin, Phone steak, separable lean and far, trimmed to 16" far, all grades, cooked, broiled 4.67 0.08 18921 Beaf, bottom sirbin, tri-lip roats, separable lean and far, trimmed to 0" far, all grades, cooked, roasted 4.67 0.08 18923 Beaf, bottom sirbin, tri-lip roats, separable lean and far, trimmed to 0" far, chrisca, cooked, roasted 4.67 0.08 18923 Beaf, composite of trimmed retail cats, separable lean only, trimmed to 16" far, choice, cooked, graded 4.67 0.08 18939 Beaf, composite of trimmed retail cats, separable lean only, trimmed to 18" fat, choice, cooked, graded 4.66 0.07 18932 Beaf, loin, top loin steak, boneles, lip-on, separable lean only, trimmed to 18" fat, choice, cooked, graded 4.66 0.07 18932 Beaf, loin, top loin steak, boneles, lip-on, separable lean only, trimmed to 18" fat, choice, cooked, graded 4.66 0.07 18932 Beaf, loin, top loin steak, boneles, lip-on, separable lean only, trimmed to 18" fat, choice, cooked, graded 4.66 0.07 18933 Nuts, mixed mus, call roasted, without penants, with stalt added 4.66 1.80 18937 Reaf, thi, eye, small end (rots 10-12), separable lean only, trimmed to 16" fat, choice, cooked, graded 4.66 0.07 18188 Beaf, tround, full cats, separable lean only, trimmed to 16" fat, choice, cooked, graded 4.66 0.07 18188 Beaf, lord, full cats, separable lean only, trimmed to 16" fat, choice, cooked, graded 4.66 0.07 18189 Beaf, lord, full cats, separable lean only, trimmed to 18" fat, choice, cooked, graded 4.66 0.07 18392 Beaf, short loin, pelpodies, liver, raw 4.66 0.08 18392 Beaf, short loin, pelpodies, liver, raw 4.66 0.09 18393 Beaf, cound, full cats, separable lean and fat, trimmed to 18" fat, choice, cooked, graded 4.66 0.09 18394 Beaf, nound, try or of roand, roant, se	05138	Chicken, capons, giblets, cooked, simmered	4.67	0.29
1885 Recf., rib, small and (ribs 10-12), separable learn and fat, trimmed to 18" fat, all grades, cocked, brailed 4.67 0.08 1993 Recf., feedrefoin, istask, separable learn and fat, trimmed to 18" fat, all grades, cocked, roasted 4.67 0.08 1925 Lamb, ground, cooked, broiled 4.67 0.05 1925 Lamb, ground, cop could op round roast, brondess, separable learn only, trimmed to 0" fat, choice, cocked, roasted 4.67 0.05 1923 Recf. round, top round roast, brondess, separable learn only, trimmed to 18" fat, choice, cocked, grilled 4.66 0.07 23492 Recf. composite of immed retail cause, separable learn only, trimmed to 18" fat, choice, cocked, grilled 4.66 0.07 23402 Recf. Post, Zealand, imported, kinnekke, cooked, far fised 4.66 0.09 23402 Recf. Post, Zealand, imported, kinnekke, cooked, far fised 4.66 0.09 23402 Recf. Post, Zealand, imported, kinnekke, cooked, far fised 4.66 0.09 23403 Recf. post, grant grants, without a shall added 4.66 0.09 23404 Recf., grant, grants, g	13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	4.67	0.07
1992 Bert, tendertoin, steak, separable lean and fat, trimmed to 18" fat, choice, cooked, broiled 4.67 0.08 1395 Bert, brotton sirfoin, tri-tip roats, separable lean and fat, trimmed to 0" fat, all grades, cooked, roased 4.67 0.08 1225	13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	4.67	0.13
1925 Lamb, ground, cocked, broiled 4.67 0.08 19225 Lamb, ground, cocked, broiled 4.67 0.05 19225 Lamb, ground, cocked, broiled 4.67 0.05 19239 Beef, round, top cond roast, borneless, separable lean only, trimmed to 0° fat, choice, cooked, roasted 4.67 0.05 19249 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1.8° fat, select, row 4.67 0.08 19230 Beef, low, top loin steak, borneless, lipton, separable lean only, trimmed to 1.8° fat, select, row 4.66 0.07 19242 Beef, New Zealand, imported, knockle, cooked, fat fried 4.66 0.07 19243 Nats, mixed mus, oil roasted, without peanuts, without sail added 4.66 0.07 19248 Nats, mixed mus, oil roasted, without peanuts, without sail added 4.66 0.07 19248 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 1.6° fat, dispates, cooked, grilled 4.66 0.07 19248 Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 1.6° fat, all grades, cooked, grilled 4.66 0.07 19248 Beef, found, full cut, separable lean and fat, trimmed to 1.6° fat, all grades, cooked, grilled 4.66 0.09 19249 Lamb, domestic, leg, shark half, separable lean and fat, trimmed to 1.8° fat, choice, cooked, grilled 4.66 0.09 19240 Lamb, variety meast and by-grounders, liver, raw 4.66 0.08 19240 Beef, front, loin, eye of round, roast, separable lean and fat, trimmed to 1.8° fat, choice, cooked, grilled 4.65 0.08 19240 Beef, short loin, top loin, seak, separable lean and fat, trimmed to 1.8° fat, choice, cooked, grilled 4.65 0.08 19240 Beef, front, loin, top loin, separable lean and fat, trimmed to 1.8° fat, choice, cooked, grilled 4.65 0.08 19240 Beef, short loin, top loin, separable lean and fat, trimmed to 1.8° fat, choice, cooked, roasted 4.66 0.10 19240 Beef, short loin, top loin, separable lean and fat, trimmed to 1.8° fat, choice, cooked, posted 4.61 0.10 19240 Beef, short loin, top loin, separa	13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	4.67	0.08
1725 Lamb, ground, cooked, broiled 4.67 0.18 23379 Beef, round, top round roust, boneless, separable lean only, trimmed to 0° fat, choice, cooked, rousted 4.67 0.06 23492 Beef, loin, up loin steak, boneless, lip-on, separable lean only, trimmed to 18° fat, select, raw 4.67 0.08 23392 Beef, loin, up loin steak, boneless, lip-on, separable lean only, trimmed to 18° fat, choice, cooked, grilled 4.66 0.07 23422 Beef, New Zealand, imported, kinckle, cooked, fast fried 4.66 0.09 21388 Nuts, mixed mus, oil rousted, without peanuts, without sal added 4.66 1.80 12688 Nuts, mixed mus, oil rousted, without peanuts, without sal added 4.66 0.07 13188 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0° fat, choice, raw 4.66 0.07 13188 Beef, rind, eight,	13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	4.67	0.08
Beef, round, top round roast, boneless, separable lean only, trimmed to 0° fat, choice, cooked, roasted 4.67 0.08	13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	4.67	0.08
23499 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw 4.67 0.08 23392 Beef, loin, top Join steak, boneless, lip on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 4.66 0.07 23422 Beef, New Zealand, imported, knuckle, cooked, fast fried 4.66 1.80 12138 Nuts, mixed muts, oil roasted, without peanuts, without salt added 4.66 1.80 13097 Beef, fibr, eye, small end offits 10-12), separable lean only, trimmed to 0" fat, choice, raw 4.66 0.07 13158 Beef, now, fibr, eye, small end offits 10-12), separable lean only, trimmed to 1/4" fat, select, cooked, broiled 4.66 0.01 13445 Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 1/4" fat, choice, cooked, grilled 4.66 0.09 17199 Lamb, variety meats and by-products, liver, raw 4.66 6.98 13322 Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 4.65 0.07 1380 Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 4.65 0.08 13912 Beef, short loin, top loin, steak, separable lean and fat,	17225	Lamb, ground, cooked, broiled	4.67	0.13
23392 Beef, Ioin, top Ioin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 4.66 0.07 23422 Beef, New Zealand, Imported, kmuckle, cooked, fast fried 4.66 0.09 12138 Nuts, mixed muts, oil roasted, without peanuts, with salt added 4.66 1.80 12688 Nuts, mixed muts, oil roasted, without peanuts, with salt added 4.66 1.80 13097 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw 4.66 0.07 13188 Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled 4.66 0.11 13445 Beef, Join, top loin steak, boneless, lip-off, separable lean and fat, trimmed to 1/4" fat, choice, cooked, grilled 4.66 0.09 17190 Lamb, variety meats and by-products, liver, raw 4.66 0.12 13880 Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 4.65 0.07 13912 Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 4.65 0.06 13916 Beef, short loin, top loin, steak, beaparable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	4.67	0.06
23422 Beef, New Zealand, imported, knuckle, cooked, fast fried 4.66 0.09 12138 Nuts, mixed nuts, oil roasted, without peanuts, without salt added 4.66 1.80 12638 Nuts, mixed nuts, oil roasted, without peanuts, without salt added 4.66 0.07 13097 Beef, rink, ee, small end (rifs 10-12), separable lean only, trimmed to 1/4" fat, ebiect, cooked, broiled 4.66 0.07 13145 Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 1/4" fat, choice, cooked, grilled 4.66 0.09 17016 Lamb, variety meats and by-products, liver, raw 4.66 0.12 13232 Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 4.65 0.06 13880 Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 4.65 0.06 13912 Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 4.65 0.06 13916 Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled 4.61 0.10 12198 Seeds, sesame butter, tahini, from raw and stone ground kermels 4.61	23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	4.67	0.08
12138 Nuts, mixed muts, oil roasted, without peanuts, without salt added 4.66 1.80 12638 Nus, mixed muts, oil roasted, without peanuts, with salt added 4.66 1.80 13097 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, riaw 4.66 0.07 13158 Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, prolited 4.66 0.09 17016 Lamb, donestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted 4.66 6.98 13232 Beef, short Join, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 4.65 0.07 13880 Beef, short Join, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 4.65 0.06 13912 Beef, short Join, top Join, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 4.65 0.06 13916 Beef, short Join, top Join, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 4.65 0.06 13918 Beef, short Join, top Join, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled 4.65 0.01 12198 Seeds, seame butter, talmin, from raw and s	23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	4.66	0.07
12638 Nuts, mixed nuts, oil roasted, without peanuts, with salt added 1.80 1.3097 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw 4.66 0.07 1.3158 Beef, round, full cut, separable lean only, trimmed to 1" fat, choice, cooked, grilled 4.66 0.11 1.3445 Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 4.66 0.07 1.3158 1.	23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	4.66	0.09
13097 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw 4.66 0.07 13158 Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled 4.66 0.01 13445 Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 4.66 0.09 17016 Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted 4.66 6.98 13232 Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 4.65 0.07 13880 Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 4.65 0.06 13912 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 4.65 0.06 13916 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 4.65 0.08 13916 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled 4.64 0.10 1344 Beef, short loin, top loin, seeak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled 4.64 0.01 <tr< td=""><td>12138</td><td>Nuts, mixed nuts, oil roasted, without peanuts, without salt added</td><td>4.66</td><td>1.80</td></tr<>	12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	4.66	1.80
13158 Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled 4.66 0.09 17016 Lamb, domestic, leg., shank half, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 4.66 0.12 17199 Lamb, variety meats and by-products, liver, raw 4.66 6.98 13232 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 4.65 0.07 13380 Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 4.65 0.06 13912 Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 4.65 0.06 13916 Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 4.65 0.06 13916 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled 4.65 0.10 12198 Sceds, sesame butter, tahini, from raw and stone ground kernels 4.64 1.62 1.3156 Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled 4.64 0.13 1.3474 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 4.64 0.13 1.3474 Beef, short loin, t-bone steak, separable lean only, raw 4.64 0.06 1.3349 Beef, round, top round roast, boneless, separable lean only, raw 4.64 0.06 1.61 1.61 1.61 1.62 1.62 1	12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	4.66	1.80
13445 Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 10" fat, all grades, cooked, grilled 4.66 0.09 17016 Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted 4.66 0.12 17199 Lamb, variety meats and by-products, liver, raw 4.66 6.98 13232 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 4.65 0.06 13880 Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 4.65 0.08 13912 Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 4.65 0.08 13916 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled 4.65 0.08 13156 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled 4.64 0.11 13474 Beef, short loin, t-bone steak, separable lean only, raw 4.64 0.13 23349 Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted 4.63 0.06 05116 Chicken, roasting, giblets, cooked, s	13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	4.66	0.07
17016 Lamb, domestic, leg., shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted 4.66 6.98 17199 Lamb, variety meats and by-products, liver, raw 4.66 6.98 13232 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 4.65 0.07 13880 Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 4.65 0.06 13912 Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 4.65 0.08 13916 Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled 4.65 0.10 12198 Seeds, sesame butter, tahini, from raw and stone ground kernels 4.64 1.62 13156 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled 4.64 0.11 13474 Beef, New Zealand, imported, oyster blade, separable lean only, raw 4.64 0.06 23349 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted 4.63 0.04 1266 Seeds, sesame butter, tahini, type of kernels unspecified	13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	4.66	0.11
17199 Lamb, variety meats and by-products, liver, raw 4.66 6.98 13232 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 4.65 0.07 13880 Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 4.65 0.06 13912 Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 4.65 0.08 13916 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled 4.65 0.10 12198 Seeds, sesame butter, tahini, from raw and stone ground kernels 4.64 1.62 13156 Beef, round, full cut, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled 4.64 0.11 13474 Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled 4.64 0.05 23349 Beef, round, top round roast, boneless, separable lean only, raw 4.64 0.06 23349 Beef, round, top round roast, boneless, separable lean only trimmed to 0" fat, choice, cooked, roasted 4.63 0.06 12166 Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	4.66	0.09
13232 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 4.65 0.07 13880 Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 4.65 0.06 13912 Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 4.65 0.08 13916 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled 4.65 0.10 12198 Seeds, sesame butter, tahini, from raw and stone ground kernels 4.64 1.62 13156 Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled 4.64 0.11 13474 Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled 4.64 0.13 23429 Beef, New Zealand, imported, oyster blade, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted 4.63 0.06 05116 Chicken, roasting, giblets, cooked, simmered 4.63 0.06 1266 Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type) 4.62 1.61 12698 Seeds, sesame butter, tahini, it ype of kernels unspecified	17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	4.66	0.12
13880 Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 4.65 0.06 13912 Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 4.65 0.08 13916 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled 4.65 0.10 12198 Seeds, sesame butter, tahini, from raw and stone ground kernels 4.64 1.62 13156 Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled 4.64 0.11 13474 Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled 4.64 0.13 23429 Beef, New Zealand, imported, oyster blade, separable lean only, raw 4.64 0.06 23349 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted 4.63 0.04 1266 Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type) 4.62 1.61 12698 Seeds, sesame butter, tahini, type of kernels unspecified 4.62 1.61 13399 Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, gr	17199	Lamb, variety meats and by-products, liver, raw	4.66	6.98
13912 Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 4.65 0.08 13916 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled 4.65 0.10 12198 Seeds, sesame butter, tahini, from raw and stone ground kernels 4.64 1.62 13156 Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled 4.64 0.11 13474 Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled 4.64 0.03 23429 Beef, New Zealand, imported, oyster blade, separable lean only, raw 4.64 0.06 23349 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted 4.63 0.04 12166 Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type) 4.62 1.61 12698 Seeds, sesame butter, tahini, type of kernels unspecified 4.62 1.61 13399 Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 4.61 0.06 13479 Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades	13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	4.65	0.07
Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled Seeds, sesame butter, tahini, from raw and stone ground kernels Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled 4.64 1.62 13156 Beef, round, full cut, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled 4.64 0.11 13474 Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled 23429 Beef, New Zealand, imported, oyster blade, separable lean only, raw 4.64 0.06 23349 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted 6.63 0.24 12166 Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type) 4.62 1.61 13399 Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted 4.61 0.06 13446 Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 4.61 0.09 13479 Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled 4.60 0.82	13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	4.65	0.06
12198 Seeds, sesame butter, tahini, from raw and stone ground kernels 4.64 1.62 13156 Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled 4.64 0.11 13474 Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled 4.64 0.03 23429 Beef, New Zealand, imported, oyster blade, separable lean only, raw 4.64 0.06 23349 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted 4.63 0.06 05116 Chicken, roasting, giblets, cooked, simmered 4.63 0.24 1266 Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type) 4.62 1.61 12698 Seeds, sesame butter, tahini, type of kernels unspecified 4.62 1.61 13399 Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted 4.61 0.06 13446 Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled 4.61 0.07 15479 Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled 4	13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	4.65	0.08
Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled 4.64 0.11 13474 Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled 23429 Beef, New Zealand, imported, oyster blade, separable lean only, raw 4.64 0.06 23349 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted 6.5116 Chicken, roasting, giblets, cooked, simmered 7.5126 Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type) 8.527 Seeds, sesame butter, tahini, type of kernels unspecified 8.528 Seeds, sesame butter, tahini, type of kernels unspecified 8.528 Seeds, sesame butter, tahini, type of kernels unspecified 8.529 Seeds, sesame butter, tahini, type of kernels unspecified 8.529 Seeds, sesame butter, tahini, type of kernels unspecified 8.529 Seeds, sesame butter, tahini, type of kernels unspecified 8.520 Seeds, sesame butter, tahini, type of kernels unspecified 8.520 Seeds, sesame butter, tahini, type of kernels unspecified 8.520 Seeds, sesame butter, tahini, type of kernels unspecified 8.620 Seeds, sesame butter, tahini, type of kernels unspecified 8.620 Seeds, sesame butter, tahini, type of kernels unspecified 8.620 Seeds, sesame butter, tahini, type of kernels unspecified 8.620 Seeds, sesame butter, tahini, type of kernels unspecified 8.620 Seeds, sesame butter, tahini, type of kernels unspecified 8.630 Seeds, sesame butter, tahini, type of kernels unspecified 8.640 Seeds, sesame butter, tahini, type of kernels unspecified 8.651 Seeds, sesame butter, tahini, type of kernels unspecified 8.662 Seeds, sesame butter, tahini, type of kernels unspecified 8.672 Seeds, sesame butter, tahini, type of kernels unspecified 8.682 Seeds, sesame butter, tahini, type of kernels unspecified 8.682 Seeds, sesame butter, tahini, type of kernels unspecified 8.682 Seeds, sesame butter, tahini, type of kernels unspecified 8.682 Seeds, sesame butter, tahini, type of kernels unspeci	13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	4.65	0.10
Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled 23429 Beef, New Zealand, imported, oyster blade, separable lean only, raw 4.64 0.06 23349 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted 4.63 0.06 Chicken, roasting, giblets, cooked, simmered 5.8 Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type) 5.8 Seeds, sesame butter, tahini, type of kernels unspecified 6.0 1.61 6.1	12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	4.64	1.62
Beef, New Zealand, imported, oyster blade, separable lean only, raw Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Chicken, roasting, giblets, cooked, simmered Chicken, roasting, giblets, cooked, simmered Chicken, roasting, giblets, cooked, simmered Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type) Seeds, sesame butter, tahini, type of kernels unspecified Seeds, sesame butter, tahini, type of kernels unspecified Seeds, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Turkey, heart, all classes, cooked, simmered 4.60 0.82	13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	4.64	0.11
Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Chicken, roasting, giblets, cooked, simmered Chicken, roasting, giblets, cooked, simmered Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type) Seeds, sesame butter, tahini, type of kernels unspecified 4.61 0.06 Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted Seeds, sesame butter, tahini, type of kernels unspecified 4.61 0.06 13446 Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 4.61 0.07 Turkey, heart, all classes, cooked, simmered 4.60 0.82	13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	4.64	0.13
Chicken, roasting, giblets, cooked, simmered Chicken, roasting, giblets, cooked, simmered Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type) Seeds, sesame butter, tahini, type of kernels unspecified Seeds, sesame butter, tahini, type of kernels unspecified 4.62 1.61 13399 Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 4.61 0.09 13479 Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled 4.61 0.07 Turkey, heart, all classes, cooked, simmered	23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	4.64	0.06
Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type) Seeds, sesame butter, tahini, type of kernels unspecified Seeds, sesame butter, tahini, type of kernels unspecified Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Turkey, heart, all classes, cooked, simmered 4.60 0.82	23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	4.63	0.06
Seeds, sesame butter, tahini, type of kernels unspecified 1.61 13399 Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted 4.61 0.06 13446 Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 4.61 0.09 13479 Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled 4.61 0.07 Turkey, heart, all classes, cooked, simmered 4.60 0.82	05116	Chicken, roasting, giblets, cooked, simmered	4.63	0.24
Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Turkey, heart, all classes, cooked, simmered 4.61 0.07 0.82	12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	4.62	1.61
Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled 4.61 0.09 Turkey, heart, all classes, cooked, simmered 4.60 0.82	12698	Seeds, sesame butter, tahini, type of kernels unspecified	4.62	1.61
Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled Turkey, heart, all classes, cooked, simmered 4.60 0.82	13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	4.61	0.06
Turkey, heart, all classes, cooked, simmered 4.60 0.82	13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	4.61	0.09
·	13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	4.61	0.07
Pork, fresh, spareribs, separable lean and fat, cooked, braised 4.60 0.14	05176	Turkey, heart, all classes, cooked, simmered	4.60	0.82
	10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	4.60	0.14

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
13332	Beef, variety meats and by-products, pancreas, cooked, braised	4.60	0.09
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	4.59	0.13
17149	Bison, ground, grass-fed, raw	4.59	0.14
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	4.59	0.11
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	4.59	0.07
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	4.59	0.08
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	4.59	0.08
12006	Seeds, chia seeds, dried	4.58	0.92
13347	Beef, cured, corned beef, brisket, cooked	4.58	0.15
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	4.58	0.13
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	4.58	0.11
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	4.57	1.68
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	4.57	0.06
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	4.57	0.11
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	4.56	0.07
05622	Emu, ground, cooked, pan-broiled	4.56	0.24
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	4.56	0.12
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	4.56	0.12
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	4.56	0.13
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.56	0.08
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	4.56	0.07
13047	Beef, grass-fed, ground, raw	4.55	0.06
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	4.54	0.09
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.54	0.08
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	4.54	0.06
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	4.54	0.19
05178	Turkey, liver, all classes, cooked, simmered	4.53	1.05
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	4.53	0.11
12142	Nuts, pecans	4.53	1.20
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	4.53	0.07
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	4.53	0.10
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	4.53	0.12
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	4.52	0.10
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	4.52	0.08
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	4.52	0.08
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	4.51	0.40

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	4.51	0.60
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	4.51	0.06
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	4.51	0.13
17223	Veal, variety meats and by-products, tongue, cooked, braised	4.51	0.21
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	4.51	0.17
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	4.50	0.40
02043	Spices, turmeric, ground	4.50	1.30
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	4.50	0.45
05630	Emu, outside drum, raw	4.50	0.20
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	4.50	0.11
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	4.50	0.12
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	4.50	0.12
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	4.50	0.12
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	4.50	0.20
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	4.49	0.06
17115	Veal, rib, separable lean only, cooked, roasted	4.49	0.11
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	4.49	0.14
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	4.48	0.19
16135	Winged beans, mature seeds, raw	4.48	2.88
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	4.48	0.11
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	4.48	0.07
23567	Beef, ground, 85% lean meat / 15% fat, raw	4.48	0.07
12144	Nuts, pecans, oil roasted, without salt added	4.47	1.20
12644	Nuts, pecans, oil roasted, with salt added	4.47	1.20
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	4.47	0.06
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	4.47	0.13
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	4.46	0.10
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	4.46	0.12
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	4.46	0.09
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	4.46	0.06
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	4.46	0.06
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	4.46	0.10
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	4.45	0.08
01260	Cheese, cheddar, reduced fat	4.44	0.04
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	4.44	0.06
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	4.44	0.06

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	4.44	0.07
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	4.43	0.06
12588	Nuts, cashew butter, plain, with salt added	4.43	1.76
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	4.43	0.06
16095	Peanuts, virginia, raw	4.43	1.11
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	4.43	0.15
05024	Chicken, gizzard, all classes, cooked, simmered	4.42	0.16
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	4.42	0.09
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	4.42	0.10
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.42	0.08
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	4.41	0.06
25051	Snacks, CLIF BAR, mixed flavors	4.41	0.44
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	4.41	0.04
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	4.41	0.04
08142	Cereals, WHEATENA, dry	4.41	0.33
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	4.41	0.06
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	4.41	0.10
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.41	0.08
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	4.40	0.74
16121	Soy protein concentrate, produced by alcohol extraction	4.40	0.98
16420	Soy protein concentrate, produced by acid wash	4.40	0.98
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	4.40	0.12
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.40	0.10
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	4.39	0.14
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	4.39	0.05
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	4.38	0.13
07956	Beef sausage, fresh, cooked	4.38	0.07
01040	Cheese, swiss	4.37	0.05
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	4.37	0.08
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.37	0.08
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	4.37	0.12
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	4.37	0.11
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	4.37	0.06
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	4.36	0.05
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	4.36	0.10
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	4.36	0.10

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	4.35	0.06
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	4.35	0.10
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	4.35	0.12
12220	Seeds, flaxseed	4.34	1.22
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	4.34	0.12
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	4.34	0.06
23411	Beef, New Zealand, imported, flank, separable lean only, raw	4.33	0.05
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	4.33	0.18
02028	Spices, paprika	4.33	0.71
05628	Emu, inside drum, raw	4.33	0.20
05642	Ostrich, ground, cooked, pan-broiled	4.33	0.14
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	4.33	0.05
05627	Emu, full rump, cooked, broiled	4.32	0.28
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	4.32	0.06
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.32	0.08
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	4.32	0.15
17135	Veal, sirloin, separable lean and fat, cooked, braised	4.32	0.13
19117	Candies, halavah, plain	4.32	1.20
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	4.31	0.13
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	4.31	0.06
12130	Nuts, hickorynuts, dried	4.31	0.74
13023	Beef, brisket, whole, separable lean only, all grades, raw	4.31	0.08
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	4.31	0.06
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	4.31	0.12
01182	USDA Commodity, cheese, cheddar, reduced fat	4.30	0.02
01209	Cheese, Mexican, blend, reduced fat	4.30	0.02
02009	Spices, chili powder	4.30	1.00
02039	Spices, savory, ground	4.30	0.85
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	4.30	0.20
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	4.30	0.05
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	4.30	0.11
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	4.30	0.10
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	4.30	
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	4.30	0.32
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	4.29	0.10
05172	Turkey, whole, giblets, cooked, simmered	4.29	0.69

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	4.29	0.11
17330	Game meat, bison, ground, raw	4.29	0.13
05128	Chicken, stewing, giblets, cooked, simmered	4.28	0.30
12149	Nuts, pine nuts, pinyon, dried	4.28	1.04
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	4.28	0.04
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	4.28	0.10
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	4.28	0.09
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	4.28	0.10
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	4.28	0.12
23427	Beef, New Zealand, imported, manufacturing beef, raw	4.28	0.07
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	4.28	0.10
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	4.27	0.15
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	4.27	0.15
06448	Soup, oyster stew, canned, prepared with equal volume water	4.27	0.66
15143	Crustaceans, crab, dungeness, raw	4.27	0.67
07925	Pastrami, beef, 98% fat-free	4.26	0.08
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	4.26	0.07
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	4.25	0.04
17198	Veal, variety meats and by-products, kidneys, cooked, braised	4.25	0.36
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	4.25	0.20
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	4.24	0.16
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.24	0.07
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	4.24	0.17
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	4.24	0.06
43114	Vermicelli, made from soy	4.24	1.92
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	4.23	0.08
05022	Chicken, broilers or fryers, giblets, cooked, simmered	4.23	0.33
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	4.23	0.12
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	4.23	0.10
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	4.22	0.11
06248	Soup, oyster stew, canned, prepared with equal volume milk	4.22	0.66
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	4.22	0.10
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	4.22	0.07
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	4.21	0.09
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	4.21	0.12
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	4.21	0.16

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	4.21	0.10
01032	Cheese, parmesan, grated	4.20	0.04
07071	Salami, dry or hard, pork	4.20	0.16
07926	Salami, Italian, pork	4.20	0.16
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	4.20	0.30
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	4.20	0.11
17343	Game meat, deer, ground, raw	4.20	0.14
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	4.20	0.16
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	4.19	0.09
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	4.19	0.04
43406	Yeast extract spread	4.19	0.24
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	4.19	0.08
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	4.18	0.14
23572	Beef, ground, 80% lean meat / 20% fat, raw	4.18	0.06
08037	Cereals ready-to-eat, granola, homemade	4.17	0.65
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	4.16	0.12
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	4.16	0.14
20076	Wheat, durum	4.16	0.55
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	4.16	0.09
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	4.16	0.07
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	4.16	0.10
21115	Fast foods, hamburger, large, triple patty, with condiments	4.15	0.08
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	4.15	0.68
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	4.15	0.12
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	4.15	0.12
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	4.15	0.15
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	4.14	0.07
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	4.13	0.06
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	4.13	0.07
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	4.13	0.07
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	4.13	0.10
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	4.13	0.11
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	4.13	0.14
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	4.12	0.14
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	4.12	0.07
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	4.12	0.10

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	4.12	0.35
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.12	0.06
23507	USDA Commodity, beef, patties (100%), frozen, raw	4.12	0.07
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	4.11	0.11
01061	Cheese, American, nonfat or fat free	4.11	0.56
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	4.11	0.07
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	4.10	0.41
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	4.10	
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	4.10	0.10
16118	Soy flour, low-fat	4.10	1.60
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	4.10	0.10
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	4.10	0.06
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	4.10	0.08
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	4.10	0.41
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	4.10	0.41
43595	Breakfast bar, corn flake crust with fruit	4.10	0.10
07020	Corned beef loaf, jellied	4.09	0.06
13340	Beef, variety meats and by-products, tongue, cooked, simmered	4.09	0.15
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	4.09	0.06
15142	Crustaceans, crab, blue, crab cakes, home recipe	4.09	0.61
17108	Veal, loin, separable lean only, cooked, braised	4.09	0.10
17112	Veal, rib, separable lean and fat, cooked, roasted	4.09	0.10
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	4.09	0.11
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	4.09	0.11
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	4.08	0.04
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	4.08	0.04
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.08	0.10
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	4.08	0.14
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	4.07	0.13
12078	Nuts, brazilnuts, dried, unblanched	4.06	1.74
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	4.06	1.52
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.06	0.10
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	4.06	0.12
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	4.06	0.13
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	4.06	0.12
02026	Spices, onion powder	4.05	0.59

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
15148	Crustaceans, lobster, northern, cooked, moist heat	4.05	1.55
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	4.05	0.14
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	4.05	0.08
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.04	0.06
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	4.04	0.08
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	4.04	0.11
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	4.04	0.18
01093	Milk, dry, nonfat, calcium reduced	4.03	0.02
05180	Turkey from whole, neck, meat only, cooked, simmered	4.03	0.16
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	4.03	0.12
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	4.03	0.12
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	4.03	0.12
16122	Soy protein isolate	4.03	1.60
16422	Soy protein isolate, potassium type	4.03	1.60
17100	Veal, leg (top round), separable lean only, cooked, braised	4.03	0.14
01094	Milk, buttermilk, dried	4.02	0.11
05649	Ostrich, outside strip, raw	4.02	0.15
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	4.02	0.07
17278	Veal, shank (fore and hind), separable lean only, raw	4.02	0.07
05661	Chicken, liver, all classes, cooked, pan-fried	4.01	0.54
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	4.01	0.05
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	4.01	0.07
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	4.01	0.07
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	4.00	0.06
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	4.00	0.08
42284	Babyfood, baked product, finger snacks cereal fortified	4.00	0.22
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	4.00	0.40
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	4.00	
13325	Beef, variety meats and by-products, liver, raw	4.00	9.76
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	4.00	0.12
17162	Game meat, caribou, raw	4.00	0.22
17168	Goat, raw	4.00	0.26
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.99	0.07
17276	Veal, shank (fore and hind), separable lean and fat, raw	3.99	0.07
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	3.99	0.25
19036	Snacks, popcorn, cakes	3.99	0.57

2931 Beef, clanke, shoulder bod, shoulder ender, medallon, separable lean and fat, trinanced to 0° fat, choice, raw 3.98 0.35 6026 Chicken, liver, all classor, cooked, simmered 3.08 0.04 1887 Beef, round, eye of round, rount, separable lean and fat, trinanced to 1.8° fat, all grades, raw 3.08 0.09 1888 Beef, round, eye of round, rount, separable lean and fat, trinanced to 1.8° fat, choice, raw 3.07 0.00 1877 Beef, cound, eye of round, rount, separable lean and fat, trinanced to 1.8° fat, choice, raw 3.07 0.00 2038 Deef, round, eye of round, rount, separable lean and fat, trinanced to 1.8° fat, choice, raw 3.07 0.00 2387 Beef, count, eye of round, rount, separable lean and fat, trinanced to 1.8° fat, choice, raw 3.07 0.00 2388 Beef, round, eye of round, rount, separable lean and fat, trinanced to 1.8° fat, select, raw 3.07 0.00 2380 Beef, round, separable lean and fat, trinanced to 1.8° fat, select, raw 3.00 0.00 2381 Beef, round, separable lean and fat, trinanced to 1.8° fat, select, raw 3.00 0.00 2382 Beef, roun, shall end (rish 10-12), separable lean and fat, trinanced to 1.8° fat, select, raw 3.00 </th <th>NDB_No</th> <th>Description</th> <th>Zinc, Zn(mg) Value Per</th> <th>Copper, Cu(mg) Value Per</th>	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
85646 Oberath, invoke strip, rm 3.98 0.14 13877 Beef, roand, eye of roand, roast, separable lean and fat, trimmed to 1/8" fat, select, ruw 3.98 0.00 13881 Beef, roand, eye of roand, roast, separable lean and fat, trimmed to 1/8" fat, select, ruw 3.97 0.02 13879 Beef, councycois of frimmed roat acus, separable lean and fat, trimmed to 1/8" fat, choice, raw 3.97 0.10 2008 Oase 3.97 0.10 23883 Beef, roand, eye of roand, roast, separable lean and fat, trimmed to 1/8" fat, select, raw 3.97 0.10 2008 Das. 3.97 0.08 3.97 0.08 2380 Beef, roand, eye of roand, roast, separable lean and fat, trimmed to 1/8" fat, select, raw 3.97 0.08 2582 Beef, rish, short lean, shoulder, slide, beaton only, trimmed to 1/8" fat, select, raw 3.96 0.01 1093 Porf, fresh, shoulder, slide, beaton froats), separable lean and fat, croixed, grateful 3.96 0.01 1094 Porf, fresh, shoulder, slide, beaton froats), separable lean and fat, croixed, grateful 3.96 0.07 1195 Veal, beg (trimand), separable lean and fat, croixed, froatstead	23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	3.98	0.13
1887 Becf. round, eye of round, roost, separable lean and fat, trimmed to 18" fat, select, raw 3.98 0.09 13881 Becf. round, eye of round, roost, separable lean and fat, trimmed to 18" fat, choice, raw 3.97 0.07 13879 Beef. round, eye of round, roost, separable lean and fat, trimmed to 18" fat, choice, raw 3.97 0.01 13879 Oats 3.97 0.01 2008 Oats 3.97 0.08 23883 Beef, noud, eye of round, roost, separable lean only, trimmed to 18" fat, select, raw 3.07 0.08 25086 Beef, fat, sendel-tun, seak, separable lean only, trimmed to 18" fat, select, raw 3.06 0.06 25082 Beef, fix, and ll end (ribs 10-12), separable lean only, trimmed to 18" fat, select, raw 3.06 0.01 17095 Veal, leg top round, separable lean and fat, cooked, rousted 3.96 0.11 17095 Veal, leg top round, separable lean and fat, cooked, trained 3.96 0.01 17097 Sussage, pork, tarkey, and beer, reduced sodium 3.95 0.01 1744 Recf. loun, top ins seak, bordees, lip off, separable lean only, trimmed to 0" fat, select, cranke, grilled 3.93 0.01 </td <td>05028</td> <td>Chicken, liver, all classes, cooked, simmered</td> <td>3.98</td> <td>0.50</td>	05028	Chicken, liver, all classes, cooked, simmered	3.98	0.50
1881 Beef, cound, eye of runul, roast, separable lean and fat, trimmed to 18" fat, select, raw 3.97 0.07 13797 Beef, cound, eye of runul, roast, separable lean and fat, trimmed to 18" fat, choice, raw 3.97 0.01 2038 Oats 3.97 0.08 23833 Beef, cond, eye of round, roast, separable lean and fat, trimmed to 18" fat, choice, raw 3.97 0.08 23832 Beef, chedicion, scale, separable lean only, trimmed to 18" fat, all grades, cooked, grilled 3.96 0.06 2382 Beef, rish, small end (ribs 10-12), separable lean and fat, trimmed to 18" fat, all grades, cooked, grilled 3.96 0.01 1003 Perf, firsh, shoulder, blade, boston (roass), separable lean and fat, cooked, roassed 3.96 0.11 10795 Veal, ge top roands, separable lean and fat, cowled, roassed 3.96 0.14 10797 Sussage, pork, turkey, and beef, reduced sodium 3.95 0.07 13450 Beef, fow by Land, imported, gree man fat, cowled, brased 3.95 0.06 23481 Beef, fown June, imported, gree man fat, remained to 0" fat, select, cowled, grilled 3.95 0.06 23451 Beef, fown June, imported, green, separable lean only, cow	05646	Ostrich, inside strip, raw	3.98	0.14
1377 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 18" fat, choice, raw 3.97 0.10 13877 Beef, round, eye of round, rost, separable lean and fat, trimmed to 18" fat, choice, raw 3.97 0.68 23883 Beef, lenderloin, steak, separable lean and fat, frimmed to 18" fat, select, raw 3.97 0.08 23906 Beef, rhort bim, benne steak, separable lean and fat, frimmed to 18" fat, all grades, cnoked, grilled 3.96 0.06 23908 Beef, rho, small end (ribs 10-12), separable lean and fat, frimmed to 18" fat, select, raw 3.96 0.08 23908 Pork, fresh, shoulder, blade, board (rosts5), separable lean and fat, cooked, masted 3.96 0.11 23909 Veal, leg (top round), separable lean and fat, cooked, masted 3.96 0.14 23919 Sausage, pork, unkey, and beef, reduced sodium 3.95 0.06 24018 Beef, low, tup to insist, burdless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled 3.95 0.06 24018 Beef, low, Vealund, imported, eye round, separable lean only, trimmed to 0" fat, select, cooked, grilled 3.95 0.06 24019 Beef, low, Vealund, imported, eye round, separable lean only, trimmed to 0" fat, select, cooked, grilled 3.95 0.06 24010 Beef, low, Vealund, imported, eye round, separable lean only, trimmed to 0" fat, all grades, raw 3.94 0.07 24010 Beef, low, typ to insist, burdless, lesparable lean only, trimmed to 0" fat, all grades, raw 3.94 0.07 24011 Beef, low, Separable lean only, trimmed to 0" fat, all grades, raw 3.94 0.07 24012 Beef, fround, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, raw 3.94 0.07 24019 Infant formula, ABBOTT NUTRITION, SIMILAC, down, no reconstituted 3.94 0.07 24010 Pork, fresh, loin, sirian in chopps), bone-in, separable lean only, trimmed to 14" fat, choice, raw 3.94 0.10 24010 Pork, fresh, loin, sirian in chopps), bone-in, separable lean only, trimmed to 14" fat, choice, raw 3.94 0.10 24010 Lamb	13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.98	0.09
1879 Becf, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw 3.97 0.10 20038 Oats 3.97 0.08 28383 Beef, lenderfoini, steak, separable lean only, trimmed to 1/8" fat, select, raw 3.96 0.08 28382 Beef, short loin, 1-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled 3.96 0.08 28382 Beef, short loin, 1-bone steak, separable lean only, trimmed to 1/8" fat, select, raw 3.96 0.08 28382 Beef, short loin, 1-bone steak, separable lean only, trimmed to 1/8" fat, select, raw 3.96 0.01 17095 Veal, leg (up round), separable lean and fat, cooked, posised 3.96 0.11 17095 Veal, leg (up round), separable lean and fat, cooked, posised 3.96 0.07 18450 Beef, loin, top loin steak, boneleas, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled 3.95 0.06 24408 Beef, low, Zealand, imported, yet prund, separable lean only, cooked, slow roasted 3.95 0.05 24418 Beef, Now Zealand, imported, yet prund, separable lean only, cooked, slow roasted 3.94 0.07 25003 Beef, found, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw 3.94 0.07 25003 Beef, found, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, raw 3.94 0.07 25005 Beef, found, steak, separable lean only, consed, not reconstituted 3.94 0.07 25006 Beef, found, steak, separable lean only, consed, not reconstituted 3.94 0.07 25007 Infant formula, ABBOTT NUTRITION, SIMILAC, and with iron, powder, not reconstituted 3.94 0.07 25008 Pork, fresh, loin, siroin (chops), bone-in, separable lean only, cooked, broiled 3.94 0.07 25009 Pork, fresh, loin, siroin (chops), bone-in, separable lean only, cooked, frat fried 3.93 0.08 25009 Cambo, were yet to be a subject, separable lean only, cooked, broiled 3.94 0.07 25009 Cambo, were yet to be a	13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	3.98	0.09
2008 Oas 3.97 0.68 23533 Beef, short lost, steak, separable lean only, trimmed to 1/8" fat, select, raw 3.97 0.08 23060 Beef, short loin, 1-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw 3.96 0.06 23582 Beef, rib, small end (ribs 10-12), separable lean and fat, cooked, roasted 3.96 0.01 1003 Porf, fresh, shoulder, black, boston (roasts), separable lean and fat, cooked, roasted 3.96 0.11 17095 Veal, leg (top round), separable lean and fat, cooked, braised 3.95 0.01 18450 Beef, loin, top loin steak, boncless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled 3.95 0.00 18450 Beef, New Zealand, imported, ribs prepared, raw 3.05 0.00 18414 Beef, New Zealand, imported, ribs prepared, raw 3.05 0.00 18417 Candies, pearub br 3.94 0.07 2363 Beef, fank, steak, separable lean only, trimmed to 0" fat, all grades, raw 3.94 0.07 2384 Beef, fank, steak, separable lean only, toin med too" fat, all grades, raw 3.94 0.07 2385	13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.97	0.07
2383 Beef, tendertoin, steak, separable lean only, trimmed to 1/8" fat, select, raw 3.97 0.08 2306 Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw 3.96 0.06 2382 Beef, rib, small end (ribs 10-12), separable lean and fat, cooked, traised 3.96 0.01 10083 Pork, fresth, shoulder, blade, bostom (masts), exparable lean and fat, cooked, traised 3.96 0.11 17095 Veal, leg (top round), separable lean and fat, cooked, traised 3.96 0.14 17097 Sausage, pork, urkey, and beef, reduced sodium 3.95 0.10 13450 Beef, foin, pot join steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled 3.95 0.06 23431 Beef, New Zealand, imported, rib separable lean only, cooked, slow roasted 3.95 0.05 23431 Beef, New Zealand, imported, ribs prepared, mw 3.94 0.07 2366 Beef, flain, seak, separable lean only, trimmed to 0" fat, all grades, raw 3.94 0.07 2363 Beef, flaink, seak, separable lean only, trimmed to 0" fat, all grades, raw 3.94 0.07 2385 Infant formula, ABBOTT NUTRITION, SIMILAC, with i	13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.97	0.10
23006 Beef, short loin, t-borne steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled 3.96 0.08 23582 Beef, fils, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw 3.96 0.018 10083 Pork, fresh, shoulder, blade, boxton (roases), separable lean and fat, cooked, roasted 3.96 0.14 17095 Veal, leg (top round), separable lean and fat, cooked, braised 3.95 0.10 13450 Beef, lini, top loin steak, bonderes, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled 3.95 0.10 23408 Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted 3.95 0.10 23431 Beef, nucl, obtained, insported, ribs prepared, maw 3.95 0.10 23432 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw 3.94 0.77 2366 Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw 3.94 0.47 0388 Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted 3.94 0.47 0389 Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted 3.94	20038	Oats	3.97	0.63
23582 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw 3.96 0.01 10083 Pork, fresh, shoulder, Diskde, boston (roasts), separable lean and fat, cooked, roasted 3.96 0.11 17095 Veal, leg (top round), separable lean and fat, cooked, braised 3.95 0.07 13450 Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled 3.95 0.06 23408 Beef, New Zealand, imported, cye round, separable lean only, crimmed to 0" fat, select, cooked, grilled 3.95 0.06 23431 Beef, New Zealand, imported, ribs prepared, raw 3.94 0.07 23063 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, raw 3.94 0.07 23855 Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted 3.94 0.07 03858 Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted 3.94 0.07 03950 Infant formula, ABBOTT NUTRITION, SIMILAC, abVANCE, with iron, powder, not reconstituted 3.94 0.07 100209 Pork, fresh, Ioin, country-style ribs, separable lean only, conked, braised 3.94 <t< td=""><td>23583</td><td>Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw</td><td>3.97</td><td>0.08</td></t<>	23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	3.97	0.08
10083 Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted 3.96 0.11 17095 Veal, leg (top round), separable lean and fat, cooked, braised 3.95 0.01 07979 Sausage, pork, turkey, and beef, reduced sodium 3.95 0.07 13450 Beef, loin, top toin steak, bonedess, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled 3.95 0.06 23431 Beef, New Zealand, imported, ribs prepared, raw 3.95 0.05 23431 Beef, New Zealand, imported, ribs prepared, raw 3.94 0.77 23063 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw 3.94 0.07 23656 Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw 3.94 0.07 03853 Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted 3.94 0.47 03858 Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted 3.94 0.47 10058 Pork, fresh, loin, country-style ribs, separable lean only, cooked, broiled 3.94 0.11 10259 Pork, fresh, loin, country-style ribs, sep	23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	3.96	0.06
17095 Veal, leg (top round), separable lean and fat, cooked, braised 3.96 0.14 07979 Sausage, pork, turkey, and beef, reduced sodium 3.95 0.07 13450 Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0° fat, select, cooked, grilled 3.95 0.06 23408 Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted 3.95 0.06 23431 Beef, New Zealand, imported, ribs prepared, raw 3.94 0.07 23063 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0° fat, all grades, raw 3.94 0.07 23656 Beef, flank, steak, separable lean only, trimmed to 0° fat, all grades, raw 3.94 0.07 03853 Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted 3.94 0.47 03858 Infant formula, ABBOTT NUTRITION, SIMILAC, powder, not reconstituted 3.94 0.47 03950 Pork, fresh, loin, siriotin (chops), bone-in, separable lean only, cooked, broiled 3.94 0.11 10058 Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, fosted 3.94 0.11 17035 Lamb, domestic,	23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	3.96	0.08
07979 Sausage, pork, turkey, and beef, reduced softium 3.95 0.07 13450 Beef, Ioin, top Ioin steak, boneless, lip off, separable lean only, crooked, slow roasted 3.95 0.10 23408 Beef, New Zealand, imported, cye round, separable lean only, cooked, slow roasted 3.95 0.06 23431 Beef, New Zealand, imported, ribs prepared, raw 3.94 0.77 23063 Beef, noud, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw 3.94 0.13 23656 Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw 3.94 0.07 03853 Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted 3.94 0.47 03858 Infant formula, ABBOTT NUTRITION, SIMILAC, bow iron, powder, not reconstituted 3.94 0.47 03859 Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled 3.94 0.12 10058 Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, bone-in, cooked, roasted 3.94 0.11 10209 Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, trimmed to 1/4" fat, choice, raw 3.94 0.11 1721	10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	3.96	0.11
13450 Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled 3.95 0.06 23408 Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted 3.95 0.05 23431 Beef, New Zealand, imported, ribs prepared, raw 3.94 0.07 19147 Candies, peanut bar 3.94 0.13 23636 Beef, noul, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw 3.94 0.07 03853 Infant formula, ABBOTT NUTRITION, SIMILAC, low in ron, powder, not reconstituted 3.94 0.47 03858 Infant formula, ABBOTT NUTRITION, SIMILAC, low in ron, powder, not reconstituted 3.94 0.47 03850 Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted 3.94 0.47 10058 Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled 3.94 0.12 10209 Pork, fresh, loin, country-style ribs, separable lean only, cooked, broiled 3.94 0.11 17215 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw 3.94 0.12 1716 <td>17095</td> <td>Veal, leg (top round), separable lean and fat, cooked, braised</td> <td>3.96</td> <td>0.14</td>	17095	Veal, leg (top round), separable lean and fat, cooked, braised	3.96	0.14
23408 Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted 3.95 0.06 23431 Beef, New Zealand, imported, ribs prepared, raw 3.95 0.05 19147 Candies, peanut bar 3.94 0.77 23063 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw 3.94 0.03 23656 Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw 3.94 0.07 03853 Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted 3.94 0.47 03858 Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted 3.94 0.47 03950 Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted 3.94 0.47 10058 Pork, fresh, loin, sirioin (chops), bone-in, separable lean only, cooked, broiled 3.94 0.12 10209 Pork, fresh, loin, country-style ribs, separable lean only, cooked, roasted 3.94 0.11 17035 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw 3.93 0.03 17116 Veal, shoulder, whole	07979	Sausage, pork, turkey, and beef, reduced sodium	3.95	0.07
23431 Beef, New Zealand, imported, ribs prepared, raw 3.95 0.05 19147 Candies, peanut bar 3.94 0.77 23063 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw 3.94 0.13 23656 Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw 3.94 0.47 03853 Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted 3.94 0.47 03950 Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted 3.94 0.47 10058 Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled 3.94 0.11 10058 Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted 3.94 0.11 17035 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw 3.94 0.11 13358 Beef, cured, smoked, chopped beef 3.93 0.03 17116 Veal, shoulder, whole (arm and blade), separable lean and fat, raw 3.93 0.12 165174 Turkey, gizzard, all classes, bock, ci, simmered 3.92<	13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	3.95	0.10
19147 Candies, peanut bar 3.94 0.77 23063 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw 3.94 0.13 23656 Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw 3.94 0.07 03853 Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted 3.94 0.47 03858 Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted 3.94 0.47 03950 Infant formula, ABBOTT NUTRITION, SIMILAC, abv. ADVANCE, with iron, powder, not reconstituted 3.94 0.47 03950 Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled 3.94 0.12 10058 Pork, fresh, loin, country-style ribs, separable lean only, cooked, broiled 3.94 0.11 17035 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw 3.94 0.11 17215 Lamb, variety meats and by-products, spleen, cooked, braised 3.94 0.14 13358 Beef, cured, smoked, chopped beef 3.93 0.03 17116 Veal, shoulder, whole (arm and blade), separable le	23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	3.95	0.06
23063 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw 3.94 0.07 23656 Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw 3.94 0.07 03853 Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted 3.94 0.47 03950 Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted 3.94 0.47 10058 Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled 3.94 0.12 10209 Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted 3.94 0.11 17035 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw 3.94 0.10 17215 Lamb, variety meats and by-products, spleen, cooked, braised 3.94 0.14 13358 Beef, cured, smoked, chopped beef 3.93 0.03 17116 Veal, shoulder, whole (arm and blade), separable lean and fat, raw 3.93 0.16 17200 Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried 3.92 0.27 05174 Turkey, gizzard, all classes, cooked, simmered 3.92<	23431	Beef, New Zealand, imported, ribs prepared, raw	3.95	0.05
23656 Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw 3.94 0.07 03853 Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted 3.94 0.47 03858 Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted 3.94 0.47 03950 Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted 3.94 0.12 10058 Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled 3.94 0.12 10209 Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted 3.94 0.11 17035 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw 3.94 0.10 1715 Lamb, variety meats and by-products, spleen, cooked, braised 3.93 0.03 1716 Veal, shoulder, whole (arm and blade), separable lean and fat, raw 3.93 0.12 17100 Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried 3.93 0.16 05174 Turkey, gizzard, all classes, cooked, simmered 3.92 0.27 05190 Tur	19147	Candies, peanut bar	3.94	0.77
03853 Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted 3.94 0.47 03858 Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted 3.94 0.47 03950 Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted 3.94 0.47 10058 Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled 3.94 0.12 10209 Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted 3.94 0.11 17035 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw 3.94 0.10 17215 Lamb, variety meats and by-products, spleen, cooked, braised 3.94 0.14 13358 Beef, cured, smoked, chopped beef 3.93 0.03 17116 Veal, shoulder, whole (arm and blade), separable lean and fat, raw 3.93 0.12 17400 Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried 3.93 0.16 05174 Turkey, gizzard, all classes, cooked, simmered 3.92 0.27 05190 Turkey, all classes, back, meat and skin, c	23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	3.94	0.13
03858 Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted 3.94 0.47 03950 Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted 3.94 0.47 10058 Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled 3.94 0.12 10209 Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted 3.94 0.11 17035 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4° fat, choice, raw 3.94 0.10 17215 Lamb, variety meats and by-products, spleen, cooked, braised 3.94 0.14 13358 Beef, cured, smoked, chopped beef 3.93 0.03 17116 Veal, shoulder, whole (arm and blade), separable lean and fat, raw 3.93 0.12 17400 Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried 3.93 0.16 05174 Turkey, gizzard, all classes, back, meat and skin, cooked, roasted 3.92 0.27 05190 Turkey, all classes, back, meat and skin, cooked, roasted 3.92 0.14 16115 Soy flour, full-fat, raw 3.9	23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	3.94	0.07
03950 Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted 3.94 0.47 10058 Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled 3.94 0.12 10209 Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted 3.94 0.11 17035 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw 3.94 0.10 17215 Lamb, variety meats and by-products, spleen, cooked, braised 3.94 0.14 13358 Beef, cured, smoked, chopped beef 3.93 0.03 17116 Veal, shoulder, whole (arm and blade), separable lean and fat, raw 3.93 0.12 17400 Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried 3.93 0.16 05174 Turkey, gizzard, all classes, cooked, simmered 3.92 0.27 05190 Turkey, all classes, back, meat and skin, cooked, roasted 3.92 0.14 16115 Soy flour, full-fat, raw 3.92 0.06 23456 Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted 3.92	03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	3.94	0.47
10058 Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled 3.94 0.12 10209 Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted 3.94 0.11 17035 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw 3.94 0.10 17215 Lamb, variety meats and by-products, spleen, cooked, braised 3.94 0.14 13358 Beef, cured, smoked, chopped beef 3.93 0.03 17116 Veal, shoulder, whole (arm and blade), separable lean and fat, raw 3.93 0.12 17400 Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried 3.93 0.16 05174 Turkey, gizzard, all classes, cooked, simmered 3.92 0.27 05190 Turkey, all classes, back, meat and skin, cooked, roasted 3.92 0.14 16115 Soy flour, full-fat, raw 3.92 0.06 23456 Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted 3.92 0.06 23648 Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw 3.92	03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	3.94	0.47
10209 Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted 3.94 0.11 17035 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw 3.94 0.10 17215 Lamb, variety meats and by-products, spleen, cooked, braised 3.94 0.14 13358 Beef, cured, smoked, chopped beef 3.93 0.03 17116 Veal, shoulder, whole (arm and blade), separable lean and fat, raw 3.93 0.12 17400 Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried 3.93 0.16 05174 Turkey, gizzard, all classes, cooked, simmered 3.92 0.27 05190 Turkey, all classes, back, meat and skin, cooked, roasted 3.92 0.14 16115 Soy flour, full-fat, raw 3.92 2.92 23456 Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted 3.92 0.06 23648 Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw 3.92 0.07	03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	3.94	0.47
17035 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw 3.94 0.10 17215 Lamb, variety meats and by-products, spleen, cooked, braised 3.94 0.14 13358 Beef, cured, smoked, chopped beef 3.93 0.03 17116 Veal, shoulder, whole (arm and blade), separable lean and fat, raw 3.93 0.12 17400 Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried 3.93 0.16 05174 Turkey, gizzard, all classes, cooked, simmered 3.92 0.27 05190 Turkey, all classes, back, meat and skin, cooked, roasted 3.92 0.14 16115 Soy flour, full-fat, raw 3.92 2.92 23456 Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted 3.92 0.06 23648 Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw 3.92 0.07	10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	3.94	0.12
17215Lamb, variety meats and by-products, spleen, cooked, braised3.940.1413358Beef, cured, smoked, chopped beef3.930.0317116Veal, shoulder, whole (arm and blade), separable lean and fat, raw3.930.1217400Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried3.930.1605174Turkey, gizzard, all classes, cooked, simmered3.920.2705190Turkey, all classes, back, meat and skin, cooked, roasted3.920.1416115Soy flour, full-fat, raw3.922.9223456Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted3.920.0623648Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw3.920.07	10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	3.94	0.11
Beef, cured, smoked, chopped beef Veal, shoulder, whole (arm and blade), separable lean and fat, raw 17116 Veal, shoulder, whole (arm and blade), separable lean and fat, raw 17400 Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried 05174 Turkey, gizzard, all classes, cooked, simmered 05190 Turkey, all classes, back, meat and skin, cooked, roasted 16115 Soy flour, full-fat, raw 16115 Soy flour, full-fat, raw 1612 Soy flour, full-fat, raw 1613 Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted 1614 Separable fean only, trimmed to 0" fat, choice, raw 175 Soy flour, full-fat,	17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	3.94	0.10
17116 Veal, shoulder, whole (arm and blade), separable lean and fat, raw 17400 Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried 17400 Turkey, gizzard, all classes, cooked, simmered 17400 Turkey, gizzard, all classes, cooked, roasted 17400 Soy flour, full-fat, raw 17400 Turkey, gizzard, all classes, cooked, simmered 17400 Soy flour, full-fat, raw 17400 Soy fl	17215	Lamb, variety meats and by-products, spleen, cooked, braised	3.94	0.14
Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried 5.174 Turkey, gizzard, all classes, cooked, simmered 5.190 Turkey, all classes, back, meat and skin, cooked, roasted 5.20 1.14 5.21 1.15 Soy flour, full-fat, raw 5.22 2.3456 Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted 5.22 2.3456 Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw 5.23 1.24 1.39 1.39 1.39 1.39 1.39 1.39 1.39 1.39	13358	Beef, cured, smoked, chopped beef	3.93	0.03
Turkey, gizzard, all classes, cooked, simmered Turkey, gizzard, all classes, cooked, simmered Turkey, all classes, back, meat and skin, cooked, roasted Soy flour, full-fat, raw 3.92 2.92 2.3456 Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted 3.92 0.06 2.3648 Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw 3.92 0.07	17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	3.93	0.12
Turkey, all classes, back, meat and skin, cooked, roasted 16115 Soy flour, full-fat, raw 23456 Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted 23648 Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw 3.92 0.06	17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	3.93	0.16
Soy flour, full-fat, raw 3.92 2.92 2.3456 Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted 3.92 0.06 2.3648 Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw 3.92 0.07	05174	Turkey, gizzard, all classes, cooked, simmered	3.92	0.27
Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted 3.92 0.06 23648 Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw 3.92 0.07	05190	Turkey, all classes, back, meat and skin, cooked, roasted	3.92	0.14
Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw 3.92 0.07	16115	Soy flour, full-fat, raw	3.92	2.92
	23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	3.92	0.06
42304 Cheese, mozzarella, nonfat 3.92 0.03	23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	3.92	0.07
	42304	Cheese, mozzarella, nonfat	3.92	0.03

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	3.91	0.45
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	3.91	0.10
01022	Cheese, gouda	3.90	0.04
01023	Cheese, gruyere	3.90	0.03
01266	Cheese, Swiss, nonfat or fat free	3.90	0.03
02041	Spices, tarragon, dried	3.90	0.68
03938	Infant formula, PBM PRODUCTS, store brand, powder	3.90	0.37
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	3.90	0.14
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	3.90	0.39
43405	Cheese, swiss, low sodium	3.90	0.03
43589	Cheese, swiss, low fat	3.90	0.03
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	3.89	0.09
05648	Ostrich, outside leg, raw	3.89	0.14
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	3.89	0.12
07958	Turkey sausage, fresh, cooked	3.88	0.14
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	3.88	0.06
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	3.88	0.08
01204	Cheese, parmesan, dry grated, reduced fat	3.87	0.24
01267	Cheese, mexican, queso cotija	3.87	0.24
05644	Ostrich, inside leg, raw	3.87	0.14
05654	Ostrich, tenderloin, raw	3.87	0.14
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	3.87	0.75
17143	Veal, ground, cooked, broiled	3.87	0.10
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	3.87	0.10
23577	Beef, ground, 75% lean meat / 25% fat, raw	3.87	0.06
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	3.87	0.09
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	3.86	0.06
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	3.86	0.07
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	3.86	0.39
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	3.86	0.39
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	3.86	0.06
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	3.85	0.46
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	3.85	0.06
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	3.85	0.09
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	3.85	0.07
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	3.85	0.06

2546 Beef, bottom strickin, thi gar most, separable lean ords, trimmed to If Sat, ables, row 3.85 0.07 2569 Beef, bottom strickin, thi gar most, separable lean ords, trimmed to IS Sat, ables, row 3.85 0.07 2577 Befault formals, ABBOUT NUTRITION, SIMILAC, CO AND CRIOW, product, with ARA and DHA 3.24 0.007 1584 Befa. composite of trimmed trail cuits, separable lean and fat, trimmed to IS* fat, select, row 3.84 0.006 1584 Bef. in July good (fine 6.9), separable lean and fat, trimmed to IS* fat, select, row 3.83 0.006 2597 Bef. in July good (fine 6.9), separable lean and fat, trimmed to IS* fat, select, row 3.83 0.03 2598 Infant formals, ABBOIT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA 3.83 0.07 25091 Sanks, popular, incircower, low fat and soldium 3.83 0.07 25092 Popular, micrower, low fat and soldium 3.83 0.07 25093 Back, popular, micrower, low fat and soldium 3.82 0.07 25094 Popular, micrower, low fat and soldium 3.83 0.07 25095 Popular, micrower, low fat and soldium 1.82 0.02	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
3871 Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA 3.84 0.06 1009 I scharon bridgens, best 3.84 0.07 1384 1,007 3.84 0.07 1384 1,007 3.84 0.07 1384 1,007 3.84 0.08 1384 1,008 3.84 0.08 1384 1,008 3.84 0.08 1399 Lands, doucetic, log, whole Ochark and sirbion), spranble lean and lat, trimmed to 14° fix choice, raw 3.84 0.08 2367 Beef, flank, stack, separable lean and lat, trimmed to 16° fat, select, raw 3.83 0.07 25001 Sacck, poporal, microwave, low fat 3.83 0.07 4387 Drive, recoked (includes squath) 3.83 0.94 4387 Drive, recoked, boated 3.83 0.94 4388 8.8c, fround, location conductured, separable lean and fat, trimmed to 16° fat, all grades, raw 3.82 0.09 1388 8.8c, fround, location, location, location, separable lean and fat, trimmed to 16° fat, all grades, raw 3.81 0.01	23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	3.85	0.07
07009 Lebanon bologan, beef 3.84 0.07 17799 Reef, composite of trimmed retal cuts, separable lean and fat, trimmed to 1/8" fat, select, raw 3.84 0.02 1884 Reef, rish, lange earlier, 66–95, separable lean and fat, trimmed to 1/8" fat, select, raw 3.84 0.03 17013 Lamb, domestic, leg, whole (shank and strikin), separable lean only, trimmed to 1/4" fat, choice, raw 3.83 0.04 35079 Infrast formula, ABDOTT NUTRITION, SIMILA, for Spit Up, powder, with ARA and DHA 3.83 0.07 25011 Stacks, popporen, micrower, low fat 3.83 0.94 45087 Dove, cooked (includes squab) 3.83 0.54 45087 Divident formula, ABDOTT NUTRITION, ALIMENTIM ADVANCE, with row, prowder, and reconstituted, with DHA and ARA 3.82 0.38 15086 Beef, fanda, seek, separable lean and fat, trimmed to 1/8" fat, all grades, raw 3.81 0.07 15141 Guine meet, brotee, cooked,	23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	3.85	0.07
13799 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw 3.84 0.06 13844 Beef, this large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw 3.84 0.06 10799 Infant formula, ABBOIT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA 3.83 0.06 2367 Beef, flanks, seels, separable lean only, trimmed to 0" fat, select, raw 3.83 0.07 2367 Beef, flanks, seels, separable lean only, trimmed to 0" fat, select, raw 3.83 0.64 4387 Dove, cocked (includes squab) 3.83 0.54 4387 Dove, cocked (includes squab) 3.83 0.64 3897 Infant formula, ABBOIT NUTRITION, ALIMENTUM ADVANCE, with iron, provder, not reconstituted, with DHA and ARA 3.82 0.38 3888 Beef, cound, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw 3.82 0.07 13905 Beef, flanks seaks, separable lean and fat, trimmed to 1/8" fat, all grades, raw 3.81 0.81 1410 Crustaceans, crab, blue, cooled, moist beat 3.81 0.81 1541 Crustaceans, crab, blue, cooled, moist beat 3.81	33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	3.84	0.46
1944 Beef, rib, large end (rib 6-9), separable lean and fat, trimmed to 18" fat, select, raw 3.84 0.13 17013 Lamb, domestic, legs, whole (shank and sirloin), separable lean only, trimmed to 14" fat, choice, raw 3.81 0.14 23667 Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw 3.83 0.07 25601 Sinck-ts, peparable lean only, trimmed to 0" fat, select, raw 3.83 0.54 23687 Dove, cooked (includes squab) 0.54 23687 Dove, cooked (includes squab) 3.83 0.54 23287 Dove, cooked (includes squab) 3.83 0.54 23287 Dove, cooked (includes squab) 3.83 0.54 23287 Diram formula, ABBOIT NUTRITION, ALIMBATUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA 3.82 0.38 2388 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1.8" fat, all grades, raw 3.81 0.07 2308 Beef, flank, steak, separable lean and fat, trimmed to 1.8" fat, all grades, raw 3.81 0.07 2314 Crustaceans, roth, blue, cooked, moist heat 3.81 0.81 2314 Crustaceans, roth, blue, cooked, moist heat 3.81 0.81 2314 Crustaceans, roth, blue, cooked, moist heat 3.81 0.81 2314 Diram formula, PBM PRODUCTS, stone brand, soy, powder 3.80 0.36 2328 Ostrich, round, raw 3.80 0.04 2329 Diram, cound, brottom round, steak, separable lean and fat, trimmed to 1.8" fat, choice, raw 3.80 0.01 2320 Diram, cound, brottom round, steak, separable lean and fat, trimmed to 1.8" fat, choice, raw 3.80 0.01 2321 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1.8" fat, choice, raw 3.80 0.01 2321 Diram, kew Zealund, imported, prist, choice, praw 3.80 0.01 2322 Diram, kew Zealund, imported, prist, prist, choice, praw 3.70 0.04 23235 Beef, round, topt round, steak, peparable lean only, trimmed to 1.8" fat, choice, raw 3.70 0.04 23235 Beef, round, topt round steak, honeless, separable lean only, trimmed to 0" fat,	07039	Lebanon bologna, beef	3.84	0.07
17013 Lamb, dornestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw 3.84 0.13 10999 Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DIIA 3.88 0.46 23676 Beef, flask, steak, separable lean only, trimmed to 0" fat, select, raw 3.83 0.57 25001 Shacks, popcorn, microwave, low fat and sodium 3.83 0.54 43237 Dove, cooked (includes sequab) 3.83 0.54 43238 Beef, round, botton round, seak, separable lean and fat, trimmed to 1/8" fat, all grades, raw 3.81 0.07 4324 Crustaceans, crab, blue, cooked, moist hear 3.81 0.81 4324 Crustaceans, crab, blue, cooked, moist hear 3.81 0.81 4324 Crustaceans, crab, blue, cooked, moist hear 3.81 0.81 4324 Crustaceans, crab, blue, cooked, moist hear 3.80 0.36 4325 Outrich, round, raw 3.80 0.40 4326 Outrich, round, raw 3.80 0.40 4326 Outrich, round, raw 3.80 0.40 4327 Dove, cooked, rounded to 1/8" fat, choice, raw 3.80 0.09 4328 Deef, round, botton round, seak, separable lean and fat, trimmed to 1/8" fat, choice, raw 3.80 0.09 4326 Deef, low, book (ribs 6-12), separable lean only, trimmed to 0" fat, choice, raw 3.79 0.04 4327 Deef, low, book (ribs 6-12), separable lean only, trimmed to 0" fat, choice, raw 3.79 0.04 4326 Deef, low, top	13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	3.84	0.07
03999 Infant formula, ABBOTT NUTRITION, SIMILAC. For Spit Up, powder, with ARA and DILA 3.83 0.46 23657 Beef, Ilank, steak, separable lean only, trimmed to 0" fat, select, raw 3.83 0.07 25001 Stacks, popror, microwave, low fat 3.83 0.54 43257 Dove, cooked (includes squab) 3.83 0.54 43572 Popcorn, microwave, low fat and sodium 3.82 0.38 03957 Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with ron, powder, not reconstituted, with DIAA and ARA 3.82 0.38 03958 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw 3.82 0.09 17171 Game meat, horse, cooked, roasted 3.81 0.07 18065 Beef, flank, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw 3.81 0.01 18141 Crustaceans, erab, blue, conked, moist beta 3.81 0.81 18410 Crustaceans, erab, blue, conked, moist beta 3.80 0.36 05453 Ostrich, round, raw 3.80 0.34 05643 Ostrich, round, raw 3.80 0.34	13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	3.84	0.06
23657 Beef, flank, steak, separable lean only, trinmed to 0" fat, select, raw 3.83 0.07 25001 Snacks, popcorn, microwave, low fat 3.83 0.54 43287 Dove, cooked (includes squab) 3.83 0.54 43272 Popcorn, microwave, low fat and sodium 3.83 0.54 439572 Popcorn, microwave, low fat and sodium 3.82 0.03 13868 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw 3.82 0.09 17171 Game meat, horse, cooked, rousted 3.81 0.07 15140 Crustaceans, crab, blue, camed 3.81 0.07 15411 Crustaceans, crab, blue, camed 3.81 0.81 05431 Datrich, round, raw 3.80 0.36 05453 Ostrich, round, raw 3.80 0.40 05653 Ostrich, round, raw 3.80 0.40 12635 Nuts, mixed nuts, dry nosted, with peanuts, with salt added 3.80 0.40 12635 Nuts, mixed nuts, dry nosted, with peanuts, with salt added 3.80 0.07	17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	3.84	0.13
25001 Snacks, popcorr, microwave, low fat 3.83 0.54 43287 Dove, cooked (includes squab) 3.83 0.76 43572 Popcorr, microwave, low fat and sodium 3.83 0.76 43875 Infant formula, ABROTT NUTRITON, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA 3.82 0.38 13886 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw 3.82 0.17 17171 Came mean, horse, cooked, moist hear 3.82 0.17 18065 Beef, flank, skeak, separable lean and fat, trimmed to 0" fat, choice, raw 3.81 0.81 18140 Crustaceans, crab, blue, cooked, moist hear 3.81 0.81 18410 Crustaceans, crab, blue, conked, moist hear 3.81 0.81 18410 Crustaceans, crab, blue, canned 3.81 0.81 03941 Infant formula, PBM PRODUCTS, store brand, soy, powder 3.80 0.31 03653 Ostrich, round, raw 3.80 0.41 18661 Cereals ready-to-eat, POST Raisin Bran Cereal 3.80 0.42 18771 B	03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	3.83	0.46
43287 Dove, cooked (includes squab) 3.83 0.76 43272 Popcorn, microwave, low fat and sodium 3.83 0.54 03957 Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA 3.82 0.38 18688 Beef, fround, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw 3.82 0.07 17171 Game meat, horse, cooked, roasted 3.81 0.07 15160 Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw 3.81 0.07 15140 Crustaceans, crab, blue, coaned 3.81 0.81 15441 Crustaceans, crab, blue, coaned 3.81 0.81 03941 Infant formula, PBM PRODUCTS, store brand, sov, powder 3.80 0.36 05653 Ostrich, round, raw 3.80 0.40 08061 Cereals ready-to-eat, POST Raisin Bran Cereal 3.80 0.40 12635 Nats, mixed must, dry roasted, with peanuts, with sall added 3.80 0.09 13761 Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, raw 3.80 0.01	23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	3.83	0.07
43572 Popcorn, microwave, low fat and sodium 3.83 0.54 03957 Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA 3.82 0.08 13868 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw 3.82 0.07 13065 Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw 3.81 0.07 15140 Crustaceans, crab, blue, cooked, moist beat 3.81 0.81 15441 Crustaceans, crab, blue, conned 3.81 0.81 15440 Infant formula, PBM PRODUCTS, store brand, soy, powder 3.80 0.36 05653 Ostrich, round, raw 3.80 0.40 08061 Cercals ready-to-eat, POST Raisin Bran Cereal 3.80 0.40 18265 Nuss, mixed must, dy rosasted, with peanuts, with salt added 3.80 0.40 18271 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw 3.80 0.07 17322 Lamb, domestic, rib, separable lean only, trimmed to 1/8" fat, choice, raw 3.80 0.07 173295 Lamb, variety meats an	25001	Snacks, popcorn, microwave, low fat	3.83	0.54
03957 Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA 3.82 0.03 13868 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw 3.82 0.09 17171 Game meat, horse, cooked, roasted 3.81 0.07 13065 Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw 3.81 0.07 15140 Crustaceans, crab, blue, cooked, moist heat 3.81 0.81 15411 Crustaceans, crab, blue, cooked, moist heat 3.81 0.81 03941 Infant formula, PBM PRODUCTS, store brand, soy, powder 3.80 0.36 05653 Ostrich, round, raw 3.80 0.40 12635 Nuts, mixed muts, dry roasted, with peanuts, with salt added 3.80 0.40 12635 Nuts, mixed muts, dry roasted, with peanuts, with salt added 3.80 0.09 13871 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw 3.80 0.01 13935 Lamb, Jouriery meats and by-products, kidneys, cooked, braised 3.80 0.37 17396 Lamb, variery	43287	Dove, cooked (includes squab)	3.83	0.76
13868 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw 3.82 0.09 17171 Game meat, horse, cooked, roasted 3.82 0.17 13065 Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw 3.81 0.07 15140 Crustaceans, crab, blue, cooked, moist heat 3.81 0.81 15141 Crustaceans, crab, blue, coamed 3.81 0.81 03941 Infant formula, PBM PRODUCTS, store brand, soy, powder 3.80 0.36 05653 Ostrich, round, raw 3.80 0.40 08061 Cerals ready-to-eat, POST Raisin Bran Cercal 3.80 0.40 12635 Nuts, mixed nuts, dry roasted, with peanuts, with salt added 3.80 0.40 12871 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw 3.80 0.09 17032 Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw 3.80 0.01 17196 Lamb, variety meats and by-products, kidneys, cooked, braised 3.80 0.09 13830 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fa	43572	Popcorn, microwave, low fat and sodium	3.83	0.54
17171 Game meat, horse, cooked, rousted 3.82 0.17 13065 Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw 3.81 0.07 15140 Crustaceans, crab, blue, cooked, moist heat 3.81 0.81 15411 Crustaceans, crab, blue, canned 3.81 0.81 0341 Infant formula, PBM PRODUCTS, store brand, soy, powder 3.80 0.36 05653 Ostrich, round, raw 3.80 0.40 08661 Cereals ready-to-cat, POST Raisin Bran Cereal 3.80 0.40 12635 Nuts, mixed nuts, dry roasted, with peanuts, with salt added 3.80 1.02 13871 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw 3.80 0.01 17932 Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw 3.80 0.01 17935 Lamb, variety meats and by-products, kidneys, cooked, braised 3.80 0.07 17836 Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw 3.79 0.01 18330 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice	03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	3.82	0.38
13065 Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw 3.81 0.07 15140 Crustaceans, crab, blue, conced, moist heat 3.81 0.81 15141 Crustaceans, crab, blue, canned 3.81 0.81 03941 Infant formula, PBM PRODUCTS, store brand, soy, powder 3.80 0.36 05653 Ostrich, round, raw 3.80 0.40 06061 Cercals ready-to-eat, POST Raisin Bran Cereal 3.80 0.40 12635 Nuts, mixed nuts, dry roasted, with peanuts, with salt added 3.80 0.49 13871 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw 3.80 0.09 17032 Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw 3.80 0.11 17196 Lamb, variety meats and by-products, kidneys, cooked, braised 3.80 0.37 17395 Lamb, variety meats and by-products, kidneys, cooked, braised 3.80 0.37 17396 Lamb, watery meats and by-products, kidneys, cooked, braised 3.79 0.06 17397 Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean o	13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.82	0.09
15140 Crustaceans, crab, blue, cooked, moist heat 3.81 0.81 15141 Crustaceans, crab, blue, canned 3.81 0.81 03941 Infant formula, PBM PRODUCTS, store brand, soy, powder 3.80 0.36 05653 Ostrich, round, raw 3.80 0.40 08061 Cereals ready-to-eat, POST Raisin Bran Cereal 3.80 0.40 12635 Nuts, mixed nuts, dry roasted, with peanuts, with salt added 3.80 1.28 13871 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw 3.80 0.09 17032 Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw 3.80 0.37 17395 Lamb, variety meats and by-products, kidneys, cooked, braised 3.80 0.37 17396 Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw 3.80 0.09 17336 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw 3.79 0.06 17336 Game meat, bison, top round, separable lean only, trimmed to 0" fat, choice, raw 3.79 0.01 23370 Beef, loin, top lo	17171	Game meat, horse, cooked, roasted	3.82	0.17
15141 Crustaceans, crab, blue, canned 3.81 0.81 03941 Infant formula, PBM PRODUCTS, store brand, soy, powder 3.80 0.36 05653 Ostrich, round, raw 3.80 0.14 08061 Cereals ready-to-eat, POST Raisin Bran Cereal 3.80 0.40 12635 Nuts, mixed nuts, dry roasted, with peanuts, with salt added 3.80 1.28 13871 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw 3.80 0.09 17032 Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw 3.80 0.11 17196 Lamb, variety meats and by-products, kidneys, cooked, braised 3.80 0.03 13830 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw 3.80 0.09 13330 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw 3.79 0.06 17336 Game meat, bison, top round, separable lean only, I" steak, cooked, broiled 3.79 0.15 23370 Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw 3.79 0.04	13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	3.81	0.07
03941 Infant formula, PBM PRODUCTS, store brand, soy, powder 3.80 0.36 05653 Ostrich, round, raw 3.80 0.14 08061 Cereals ready-to-eat, POST Raisin Bran Cereal 3.80 0.40 12635 Nuts, mixed nuts, dry roasted, with peanuts, with salt added 3.80 1.28 13871 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw 3.80 0.09 17032 Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw 3.80 0.11 17196 Lamb, variety meats and by-products, kidneys, cooked, braised 3.80 0.37 17395 Lamb, New Zealand, imported, netted shoulder, rolled, boncless, separable lean only, raw 3.80 0.09 17336 Game meat, bison, top round, separable lean only bristed, cooked, broiled 3.79 0.06 17336 Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled 3.79 0.21 23370 Beef, loin, top loin steak, boncless, lip off, separable lean only, trimmed to 0" fat, choice, raw 3.79 0.04 23385 Beef, loin, top loin steak, boncless, lip-on, separable lean only, trimmed to 0" fat, choice, raw 3.78 0.05 23385 Beef, ro	15140	Crustaceans, crab, blue, cooked, moist heat	3.81	0.81
05653 Ostrich, round, raw 3.80 0.14 08061 Cereals ready-to-eat, POST Raisin Bran Cereal 3.80 0.40 12635 Nuts, mixed nuts, dry roasted, with peanuts, with salt added 3.80 1.28 13871 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw 3.80 0.09 17032 Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw 3.80 0.11 17196 Lamb, variety meats and by-products, kidneys, cooked, braised 3.80 0.37 17395 Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw 3.80 0.09 17336 Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled 3.79 0.06 17336 Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled 3.79 0.15 23370 Beef, ioin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw 3.79 0.04 23385 Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 0" fat, choice, raw 3.78 0.05 23358 Beef, round, top round steak, boneless, separable lean only, trimmed to 0"	15141	Crustaceans, crab, blue, canned	3.81	0.81
08061 Cereals ready-to-eat, POST Raisin Bran Cereal 3.80 0.40 12635 Nuts, mixed nuts, dry roasted, with peanuts, with salt added 3.80 1.28 13871 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw 3.80 0.09 17032 Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw 3.80 0.11 17196 Lamb, variety meats and by-products, kidneys, cooked, braised 3.80 0.07 17395 Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw 3.80 0.09 18300 Beef, rib, whole (ribs 6-12), separable lean only, 1" steak, cooked, broiled 3.79 0.06 17336 Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled 3.79 0.01 17461 Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled 3.79 0.04 23370 Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 0" fat, choice, raw 3.79 0.04 23355 Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 3.78 0.05	03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	3.80	0.36
12635 Nuts, mixed nuts, dry roasted, with peanuts, with salt added 3.80 1.28 13871 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw 3.80 0.09 17032 Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw 3.80 0.11 17196 Lamb, variety meats and by-products, kidneys, cooked, braised 3.80 0.37 17395 Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw 3.80 0.09 18330 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw 3.79 0.06 17336 Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled 3.79 0.21 17461 Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled 3.79 0.04 23370 Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 0" fat, choice, raw 3.79 0.04 23355 Beef, loin, top loin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 3.78 0.05 23358 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw 3.78 0.05 13444 <td< td=""><td>05653</td><td>Ostrich, round, raw</td><td>3.80</td><td>0.14</td></td<>	05653	Ostrich, round, raw	3.80	0.14
Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw 17032 Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw 3.80 0.11 17196 Lamb, variety meats and by-products, kidneys, cooked, braised 1.7395 Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw 3.80 0.09 17380 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw 3.79 0.06 17336 Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled 1.7461 Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled 2.79 0.15 2.79 0.04 2.79 0.04 2.79 0.04 2.79 0.04 2.79 0.04 2.79 0.04 2.79 0.04 2.79 0.04 2.79 0.05 2.79 0.04 2.79 0.05 2.70 0.05 2.70 0	08061	Cereals ready-to-eat, POST Raisin Bran Cereal	3.80	0.40
17032 Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw 3.80 0.11 17196 Lamb, variety meats and by-products, kidneys, cooked, braised 3.80 0.37 17395 Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw 3.80 0.09 13830 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw 3.79 0.06 17336 Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled 3.79 0.21 17461 Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled 3.79 0.15 23370 Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw 3.79 0.04 23385 Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 0" fat, choice, raw 3.79 0.04 23355 Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 3.78 0.05 23358 Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 3.78 0.05 13444 Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled 3.77 0.13 </td <td>12635</td> <td>Nuts, mixed nuts, dry roasted, with peanuts, with salt added</td> <td>3.80</td> <td>1.28</td>	12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	3.80	1.28
Lamb, variety meats and by-products, kidneys, cooked, braised 17395 Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw 3.80 0.09 1830 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw 3.79 0.06 17336 Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled 17461 Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled 23370 Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw 3.79 0.04 23385 Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw 3.79 0.04 23355 Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 3.78 0.05 23358 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw 3.78 0.05 23358 Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 3.78 0.05 Chicken, broilers or fryers, neck, meat only, cooked, simmered 3.77 0.13	13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.80	0.09
Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw 3.80 0.09 13830 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw 3.79 0.06 17336 Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled 3.79 0.15 23370 Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw 3.79 0.04 23385 Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw 3.79 0.04 23355 Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 3.78 0.05 23358 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw 3.78 0.05 Chicken, broilers or fryers, neck, meat only, cooked, simmered 3.77 0.13	17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	3.80	0.11
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw 3.79 0.06 Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled 3.79 0.21 Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled 3.79 0.15 Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw 3.79 0.04 23385 Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw 3.79 0.04 23355 Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 3.78 0.05 23358 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw 3.78 0.05 Chicken, broilers or fryers, neck, meat only, cooked, simmered 3.77 0.13	17196	Lamb, variety meats and by-products, kidneys, cooked, braised	3.80	0.37
Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled 3.79 0.15 23370 Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw 3.79 0.04 23385 Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw 3.79 0.04 23355 Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 3.78 0.05 23358 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw 3.78 0.05 13444 Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled 3.78 0.10 Chicken, broilers or fryers, neck, meat only, cooked, simmered	17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	3.80	0.09
Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Chicken, broilers or fryers, neck, meat only, cooked, simmered 3.79 0.04 23355 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw 3.78 0.05 13444 Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled 3.78 0.10 0.13	13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	3.79	0.06
Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Chicken, broilers or fryers, neck, meat only, cooked, simmered 3.79 0.04 3.78 0.05 0.05 0.10	17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	3.79	0.21
Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Chicken, broilers or fryers, neck, meat only, cooked, simmered 3.79 0.05 0.05 0.05 0.05	17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	3.79	0.15
Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 3.78 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw 3.78 0.05 Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled 3.78 0.10 Chicken, broilers or fryers, neck, meat only, cooked, simmered 3.77 0.13	23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	3.79	0.04
Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw 3.78 Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled 3.78 Chicken, broilers or fryers, neck, meat only, cooked, simmered 3.77 0.13	23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	3.79	0.04
Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Chicken, broilers or fryers, neck, meat only, cooked, simmered 3.78 0.10	23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	3.78	0.05
05090 Chicken, broilers or fryers, neck, meat only, cooked, simmered 3.77 0.13	23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	3.78	0.05
	13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	3.78	0.10
05666 Ground turkey, 93% lean, 7% fat, pan-broiled crumbles 3.77 0.17	05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	3.77	0.13
	05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	3.77	0.17

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	3.77	0.13
05657	Ostrich, top loin, raw	3.76	0.14
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	3.76	1.14
19154	Candies, sesame crunch	3.76	0.95
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	3.76	0.14
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	3.76	0.06
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	3.76	0.05
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	3.75	0.05
35234	Piki bread, made from blue cornmeal (Hopi)	3.75	0.29
01018	Cheese, edam	3.75	0.04
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	3.75	0.09
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.75	0.06
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	3.75	0.17
01270	Cheese, cheddar, sharp, sliced	3.74	0.04
05655	Ostrich, tip trimmed, raw	3.74	0.14
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	3.74	0.10
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	3.73	0.12
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.73	0.06
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	3.72	0.13
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	3.72	0.04
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	3.72	0.04
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	3.72	0.09
17209	Lamb, variety meats and by-products, mechanically separated, raw	3.72	0.06
05643	Ostrich, fan, raw	3.71	0.14
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	3.71	0.16
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	3.71	0.11
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.71	0.07
02004	Spices, bay leaf	3.70	0.42
02018	Spices, fennel seed	3.70	1.07
03193	Babyfood, cereal, oatmeal, with honey, dry	3.70	0.53
07040	Liver cheese, pork	3.70	0.38
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	3.70	0.07
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	3.70	0.05
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	3.70	0.05
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	3.70	0.10
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	3.69	0.16

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	3.68	0.09
17157	Game meat, bison, separable lean only, cooked, roasted	3.68	0.11
17173	Game meat, moose, cooked, roasted	3.68	0.08
17192	Lamb, variety meats and by-products, heart, cooked, braised	3.68	0.61
19077	Baking chocolate, unsweetened, liquid	3.68	1.91
20138	Wheat, KAMUT khorasan, uncooked	3.68	0.51
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	3.68	0.05
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	3.68	0.10
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	3.67	0.05
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	3.67	0.06
16049	Beans, white, mature seeds, raw	3.67	0.98
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	3.67	0.10
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	3.67	0.14
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	3.67	0.27
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	3.67	0.12
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	3.66	0.10
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	3.66	0.06
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	3.66	0.14
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	3.66	0.06
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	3.66	0.06
16014	Beans, black, mature seeds, raw	3.65	0.84
16037	Beans, navy, mature seeds, raw	3.65	0.83
01009	Cheese, cheddar	3.64	0.03
02021	Spices, ginger, ground	3.64	0.48
08120	Cereals, oats, regular and quick, not fortified, dry	3.64	0.39
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	3.64	0.07
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	3.64	0.04
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	3.64	0.04
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	3.64	0.05
20142	Teff, uncooked	3.63	0.81
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	3.63	0.14
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	3.63	0.06
16019	Beans, cranberry (roman), mature seeds, raw	3.63	0.79
17105	Veal, loin, separable lean and fat, cooked, braised	3.63	0.09
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	3.63	0.23
01029	Cheese, mozzarella, low moisture, part-skim	3.62	0.03

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	3.62	0.06
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.62	0.12
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	3.62	0.04
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	3.61	0.05
01044	Cheese, pasteurized process, swiss	3.61	0.03
01271	Cheese, mozzarella, low moisture, part-skim, shredded	3.61	0.03
13000	Beef, grass-fed, strip steaks, lean only, raw	3.61	0.07
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	3.61	0.06
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	3.61	0.07
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	3.61	0.10
02023	Spices, marjoram, dried	3.60	1.13
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	3.60	0.12
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	3.60	0.06
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	3.60	0.07
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	3.60	0.80
16144	Lentils, pink or red, raw	3.60	1.30
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.60	0.13
43078	Beverage, milkshake mix, dry, not chocolate	3.60	0.80
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	3.59	0.06
05626	Emu, full rump, raw	3.59	0.21
05651	Ostrich, oyster, raw	3.59	0.13
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	3.59	0.13
13002	Beef, carcass, separable lean and fat, select, raw	3.59	0.07
15227	Crustaceans, crab, queen, cooked, moist heat	3.59	0.62
13330	Beef, variety meats and by-products, mechanically separated beef, raw	3.58	0.06
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	3.58	0.06
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	3.58	0.06
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	3.58	0.07
16116	Soy flour, full-fat, roasted	3.58	2.22
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	3.58	0.10
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.58	0.12
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	3.58	0.16
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	3.58	0.16
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	3.57	0.16
13001	Beef, carcass, separable lean and fat, choice, raw	3.57	0.07
13348	Beef, cured, corned beef, canned	3.57	0.06

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
13498	Beef, ground, 70% lean meat / 30% fat, raw	3.57	0.05
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.57	0.07
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	3.57	0.09
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	3.57	0.04
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	3.56	0.19
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	3.56	0.14
01047	Cheese food, pasteurized process, swiss	3.55	0.03
13353	Beef, cured, luncheon meat, jellied	3.55	0.12
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.55	0.07
16085	Peas, green, split, mature seeds, raw	3.55	0.82
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	3.54	0.13
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	3.54	0.07
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	3.54	0.07
15139	Crustaceans, crab, blue, raw	3.54	0.67
17139	Veal, sirloin, separable lean only, cooked, roasted	3.54	0.14
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	3.54	0.05
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	3.54	0.05
19071	Candies, carob, unsweetened	3.53	0.18
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	3.53	0.10
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.53	0.07
15147	Crustaceans, lobster, northern, raw	3.53	1.35
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	3.53	0.12
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	3.52	0.08
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.52	0.11
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.52	0.12
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.52	0.10
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	3.52	0.12
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	3.52	0.05
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	3.52	0.05
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	3.52	0.04
05188	Turkey, from whole, dark meat, cooked, roasted	3.51	0.13
05216	Turkey, back, from whole bird, meat only, roasted	3.51	0.13
05641	Ostrich, ground, raw	3.51	0.13
05741	Turkey, thigh, from whole bird, meat only, roasted	3.51	0.13
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	3.51	0.10
10861	Pork, cured, bacon, cooked, microwaved	3.51	0.12

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
16149	Peanut spread, reduced sugar	3.51	0.76
01020	Cheese, fontina	3.50	0.02
01041	Cheese, tilsit	3.50	0.03
01167	Cheese, mexican, queso chihuahua	3.50	0.02
05623	Emu, fan fillet, raw	3.50	0.21
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.50	0.06
16133	Yardlong beans, mature seeds, raw	3.50	0.88
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	3.50	0.12
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	3.50	0.18
19423	Snacks, potato chips, fat-free, made with olestra	3.50	0.44
21255	BURGER KING, DOUBLE WHOPPER, with cheese	3.50	0.08
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	3.50	0.16
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	3.49	0.12
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	3.49	0.10
05621	Emu, ground, raw	3.48	0.20
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	3.48	0.13
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	3.48	0.12
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	3.48	0.16
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	3.48	0.09
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	3.48	0.15
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	3.48	0.10
17113	Veal, rib, separable lean only, raw	3.47	0.11
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	3.47	0.07
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	3.47	0.02
20075	Wheat, soft white	3.46	0.43
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	3.46	0.14
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	3.46	0.11
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	3.46	1.00
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	3.45	0.11
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	3.45	0.07
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	3.45	0.11
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	3.45	0.14
20069	Triticale	3.45	0.46
19806	Snacks, popcorn, air-popped (Unsalted)	3.44	0.42
14196	Beverages, Cocoa mix, no sugar added, powder	3.44	0.73
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	3.44	0.73

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	3.43	0.10
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	3.43	0.12
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	3.43	0.05
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	3.43	0.05
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	3.43	0.05
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	3.43	0.11
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	3.42	0.04
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	3.42	0.04
42205	Cheese, pasteurized process, cheddar or American, fat-free	3.42	0.02
05632	Emu, top loin, cooked, broiled	3.42	0.28
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	3.42	0.12
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	3.42	1.01
17428	Veal, shank, separable lean only, raw	3.42	0.10
07019	Chorizo, pork and beef	3.41	0.08
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	3.41	0.09
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	3.41	0.11
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.41	0.07
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	3.41	0.12
17224	Lamb, ground, raw	3.41	0.10
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	3.41	0.05
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	3.41	0.05
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	3.41	0.08
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	3.40	0.14
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	3.40	0.04
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	3.40	5.73
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	3.40	0.13
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	3.40	0.13
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	3.40	0.13
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	3.40	0.50
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	3.40	0.16
17369	Lamb, New Zealand, imported, liver, raw	3.40	11.40
05115	Chicken, roasting, giblets, raw	3.39	0.22
05179	Turkey from whole, neck, meat only, raw	3.39	0.14
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	3.39	0.46
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	3.39	0.04
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	3.38	0.04

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	3.38	0.04
05137	Chicken, capons, giblets, raw	3.38	0.27
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	3.38	0.06
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	3.38	0.06
17131	Veal, shoulder, blade chop, separable lean only, raw	3.38	0.08
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	3.38	0.10
05177	Turkey, liver, all classes, raw	3.37	0.86
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	3.37	0.10
12154	Nuts, walnuts, black, dried	3.37	1.36
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	3.37	0.84
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	3.37	0.10
21507	WENDY'S, Double Stack, with cheese	3.37	0.09
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	3.37	0.07
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	3.37	0.07
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	3.36	0.04
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	3.36	0.04
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	3.36	0.10
10860	Pork, cured, bacon, cooked, baked	3.36	0.18
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	3.36	0.91
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	3.36	0.91
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	3.36	0.91
15230	Mollusks, octopus, common, cooked, moist heat	3.36	0.74
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.36	0.15
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	3.35	0.12
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	3.35	0.11
16083	Mungo beans, mature seeds, raw	3.35	0.98
17136	Veal, sirloin, separable lean and fat, cooked, roasted	3.35	0.13
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.35	0.04
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	3.34	0.18
01090	Milk, dry, whole, with added vitamin D	3.34	0.08
01212	Milk, dry, whole, without added vitamin D	3.34	0.08
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	3.34	0.10
16093	Peanuts, valencia, raw	3.34	1.17
17125	Veal, shoulder, arm, separable lean only, raw	3.34	0.12
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.33	0.06
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	3.33	0.10

2007.4 Wheat. hards where 3.33 0.26 1515 MCDONALDS, DOUBLE QUARTER POINDER with Closes: 3.33 0.09 21896 Past foods, cheeceburger, double, large party, with condiments 3.33 0.00 23344 Beef, (bott, redecirion issed, boroless, separable lean and fit, trimmed to 0° fit, select, ruw 3.33 0.08 23005 Beef, (bott rish), chone stool, separable lean and fit, trimmed to 10° fit, select, ruw 3.33 0.05 23381 Beef, (bott rish), chone stool, separable lean and fit, trimmed to 10° fit, select, ruw 3.32 0.00 24375 Cheese, predectived process, American, low fat 3.32 0.00 24375 Cheese, predectived process, American, low fat 3.32 0.00 24379 Cheese, predectived process, American, low fat 3.32 0.01 24379 Cheese, predectived process, American, low fat 3.32 0.01 24101 Lands, doubles, select, separable lean and fat, trimmed to 18° fat, select, ruw 3.32 0.01 24101 Lands, doubles, select, select, low, select, select, low, select, select, ruw 3.32 0.01 24101 Lands, doubles,	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
21366 Fast foods, cheeseburger; double, large party, with condiments 3.33 0.09 25344 Berl, Inne, tenderhim steals, horneless, separable lear and fat, rimmed to [76] fit, sfleet, raw 3.33 0.018 24370 Beed, New Zealand, imported, emberfoin, separable lear and fat, colored, fast fried 3.32 0.015 23338 Beef, Ionic tone, thone seals, separable lear and fat, trimmed to [26] fit, all grades, raw 3.32 0.07 23455 Beef, Ionic tone/choin roset, bonclears, separable lear and fat, trimmed to [26] fit, select, raw 3.32 0.03 43275 Cheece, posturized grocess, American, low fat 3.32 0.03 43275 Cheece, posturized grocess, American, low fat 3.32 0.03 43275 Cheece, posturized grocess, American, low fat 3.32 0.03 43276 Cheece, posturized grocess, American, low fat 3.32 0.03 43279 Cheece, posturized grocess, American, low fat 3.32 0.07 13923 Beef, inneferiorin, steak, separable lear and fat, trimmed to 18° fat, choice, raw 3.32 0.07 17011 Lanth, dousties, face, beef learn and fat, rimmed to 18° fat, choice, raw 3.31 0.11<	20074	Wheat, hard white	3.33	0.36
23414 Becf, Ioin, tenderloin steak, boncless, separable lean and fat, trimmed to 0" fat, select, raw 3.33 0.07 23470 Becf, New Zealand, imported, tenderloin, separable lean and fat, trimmed to 18" fit, all grades, raw 3.32 0.05 23383 Beef, bird, inchesoe steak, separable lean and fat, trimmed to 18" fit, all grades, raw 3.32 0.07 23358 Beef, bird, tenderloin roast, boncless, separable lean and fat, trimmed to 18" fit, all grades, raw 3.32 0.07 24355 Beef, Sear-Realand, imported, cube roll, separable lean and fat, trimmed to 18" fat, select, raw 3.32 0.03 3337 Choses, peateurized process, swiss, low fat 3.32 0.03 30500 Chicken brotlers or fivers, giblets, raw 3.32 0.03 30711 Larb, Australian, imported, fresh, leg, camerable lean and fat, trimmed to 14" fat, choise, raw 3.32 0.01 17455 Veal, shaak, separable lean and fat, raw 3.32 0.01 17465 Veal, shaak, separable lean and fat, raw 3.31 1.10 12667 Nuss, almonds, dry coasted, without sait added 3.31 1.10 1397 Beef, short loin, bebon steak, separable lean and fat, trimmed to 18" fat, cho	21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	3.33	0.09
2370 Berf, New Zealand, imported, tenderbnin, separable lean and fat, trimmed to 187 fat, all grades, raw 3.33 0.08 23038 Berf, Join, bethous esteds, separable lean and fat, trimmed to 187 fat, all grades, raw 3.32 0.07 23455 Beef, New Zealand, imported, cube roll, separable lean and fat, raw 3.32 0.03 43275 Cheese, pasteruized process, American, low fat 3.32 0.03 43275 Cheese, pasteruized process, American, low fat 3.32 0.03 65020 Chicken, brotlers or fryers, giblets, raw 3.32 0.03 18021 Beef, readerioin, steak, separable lean and fat, rimmed to 187 fat, select, raw 3.32 0.07 17011 Lamb, domestic, separable lean and fat, rimmed to 187 fat, select, raw 3.32 0.01 17014 Lamb, domestic, separable lean and fat, rimmed to 187 fat, choice, raw 3.32 0.01 17026 Lamb, Australian, imported, fresh, leg, center slice, home in, separable lean and fat, trimmed to 187 fat, choice, raw 3.31 1.10 17045 Veal, stank, separable lean and fat, raw 3.31 0.04 17045 Veal, stank, separable lean and fat, raw 3.31 0.11	21396	Fast foods, cheeseburger; double, large patty; with condiments	3.33	0.09
23015 Beef, short Join, t-bone steak, separable lean and fat, trimmed to 18" fat, all grades, raw 3.32 0.05 23338 Beef, lion, tenderfoin roast, bonoless, separable lean and fat, trimmed to 0" fat, select, raw 3.32 0.06 23257 Cheese, pasteurized process, American, low fat 3.32 0.03 33379 Cheese, pasteurized process, swiss, low fat 3.32 0.03 3328 Beef, tenderloin, steak, separable lean and fat, trimmed to 18" fat, select, raw 3.32 0.07 17011 Lumb, domestic, leg, whole clonk and sirbinity, separable lean and fat, trimmed to 18" fat, choice, raw 3.32 0.07 17036 Lamb, Australian, imported, fresh, leg, center sikee, bone-in, separable lean and fat, trimmed to 18" fat, choice, raw 3.32 0.11 17436 Veal, shank, separable lean and fat, row 3.32 0.11 17436 Veal, shank, separable lean and fat, trimmed to 18" fat, choice, raw 3.31 1.10 18061 Nus, almonds, dry roasted, without salt added 3.31 1.10 19074 Chocolate, dark, 70-85% cacao solids 3.31 1.77 18079 KASHI, H2H Woven Wheat Cracker, Original 3.30 - </td <td>23344</td> <td>Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw</td> <td>3.33</td> <td>0.07</td>	23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	3.33	0.07
2338 Beef, loin, tenderboin most, bonebess, separable lean and fat, trimmed to 0" fat, select, raw 3.32 0.07 23455 Beef, New Zealand, imported, other fall, separable lean and fat, trim 3.32 0.06 43379 Cheese, pasteurized process, America, low fat 3.32 0.03 0502 Chicken, broilers or fryers, giblies, mw 3.32 0.03 13923 Beef, tenderion, steaks, separable lean and fat, trimmed to 1/8" fat, select, raw 3.32 0.01 17011 Lamb, domestic, leg, whole chank and sirtionin, separable lean and fat, trimmed to 1/8" fat, choice, raw 3.32 0.01 17036 Lamb, domestic, leg, whole chank and sirtionin, separable lean and fat, rimmed to 1/8" fat, choice, raw 3.32 0.10 17045 Veal, shank, separable lean and fat, raw 3.32 0.10 12053 Nus, almonts, dry roasted, without sail added 3.31 1.10 12064 Nus, almonts, dry roasted, with sall added 3.31 1.10 12976 Chocolate, dark, 70-85% careo solids 3.31 1.77 18992 KASHI, ILI IWoren Wheat Cracker, Original 3.30 43544 Babyrood, cereal,	23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	3.33	0.18
28155 Beef, New Zenland, imported, cube roll, separable lean and fat, raw 3.32 0.06 43275 Cheese, pasteurized process, American, Jov fat 3.32 0.03 43276 Cheese, pasteurized process, wises, low fat 3.32 0.03 6020 Chicken, broiles or fryers, gibbet, raw 3.32 0.02 1823 Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw 3.32 0.07 17011 Lamb, Australian, imported, frissk, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, choice, raw 3.32 0.10 17365 Veal, shard, separable lean and fat, raw 3.32 0.10 12063 Nuts, almonds, dry roasted, without salt added 3.31 1.10 12964 Checklet, dark, 70-85% cacao solids 3.31 1.77 18979 KASIII, IEII Woven Wheat Cracker, Original 3.30 18982 KASIII, IEII Woven Wheat Cracker, Rousted Garlic 3.30 43544 Balylocod, cereal, rice with pears and apple, dry, instant fortified 3.30 43545 Balylocod, cereal, rice with pears and apple, dry, instant fortified	23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.32	0.05
43275 Cheese, pasteurized process, American, low fat 3.32 0.03 43379 Cheese, pasteurized process, swiss, low fat 3.32 0.03 05020 Chicken, broilers or fyers, gibles, raw 3.32 0.24 1923 Beef, funderfoin, steak, separable lean and fat, trimmed to 1/8" fat, eboice, raw 3.32 0.01 17011 Lamb, domestic, leg, whole (shank and siftion), separable lean and fat, trimmed to 1/8" fat, eboice, raw 3.32 0.11 17336 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, eboice, raw 3.32 0.10 12663 Nuts, alimonds, day roasted, without salt added 3.31 1.10 12663 Nuts, alimonds, day roasted, with salt added 3.31 1.10 13907 Beef, short loin, "bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw 3.31 1.10 18904 Chocolate, dark, 70-85% cacao solids 3.31 1.77 18979 KASHI, H.2H Woven Wheat Cracker, Roasted Carlic 3.30 - 18982 KASHI, H.2H Woven Wheat Cracker, Roasted Carlic 3.30 - 18982 KASHI, H.2H Woven W	23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	3.32	0.07
43379 Cheese, pasteurized process, swiss, low fat 3.32 0.08 05020 Chicken, broilers or fryers, giblets, raw 3.32 0.24 18923 Beef, tenderfoin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw 3.32 0.11 17011 Lamb, domestic, leg, whole (shank and sirioin), separable lean and fat, trimmed to 1/8" fat, choice, raw 3.32 0.11 17435 Veal, shank, separable lean and fat, raw 3.32 0.10 12063 Nuts, almonds, dry rousted, with salt added 3.31 1.10 13997 Beer, short loin, bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw 3.31 0.05 19904 Chocolate, dark, 70-85% cacao solids 3.31 1.77 18979 KASHI, H2H Woven Wheat Cracker, Rogited 3.30 -7 18982 KASHI, H2H Woven Wheat Cracker, Rogited Garlic 3.30 -3 30217 Spices, dill weed, diried 3.30 -3 30218 Disces, diried with pears and apple, dry, instant fortified 3.30 -3 30219 Nuts, almond butter, plain, with salt added 3.29 0.93	23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	3.32	0.06
05020 Chicken, broilers of fryers, giblets, raw 3.32 0.24 13923 Beef, lenderloin, seeds, separable lean and fat, trimmed to 1/8" fat, choice, raw 3.32 0.07 17011 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw 3.32 0.14 17365 Veal, shank, separable lean and fat, raw 3.32 0.10 12063 Nuss, almonds, dry roasted, without salt added 3.31 1.10 12563 Nus, almonds, dry roasted, with salt added 3.31 0.10 13907 Beef, short toin, beone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw 3.31 0.10 13907 Beef, short toin, beone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw 3.31 0.10 18904 Chocolate, dark, 70-85% cacao solids 3.31 1.77 18979 KASIII, 1121I Woven Wheat Cracker, Original 3.30 18982 KASIII, 1121I Woven Wheat Cracker, Poasted Garlic 3.30 0.34 43544 Babyfood, cereal, rice with pears and apple, dry, instant fortified 3.30 0.49 9871 Spices, dill weed, drice<	43275	Cheese, pasteurized process, American, low fat	3.32	0.03
13923 Becf, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw 3.32 0.07 17011 Lamb, domestic, leg, whole (chank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw 3.32 0.11 17306 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw 3.32 0.10 17435 Veal, shank, separable lean and fat, raw 3.31 0.10 12663 Nuts, almonds, dry roasted, without salt added 3.31 1.10 13907 Beef, short Join, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw 3.31 0.05 18909 Chocolate, drak, 70-85% scaen solids 3.31 1.77 18979 KASHI, H2H Woven Wheat Cracker, Original 3.30 - 18982 KASHH, H2H Woven Wheat Cracker, Rosted Garlie 3.30 - 3544 Babyfood, cereal, rice with pears and apple, dry, instant fortified 3.30 0.49 08471 Cereals ready-to-eat, KELLOGGS, SPECIAL K Protein Plus 3.29 0.93 12195 Nuts, almond butter, plain, without salt added 3.29 0.93 1785 Nu	43379	Cheese, pasteurized process, swiss, low fat	3.32	0.03
17011 Lamb, domestic, leg, whole (shank and sirtoin), separable lean and fat, trimmed to 1/8" fat, raw 3.32 0.14 17306 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw 3.32 0.10 17435 Veal, shank, separable lean and fat, raw 3.32 0.10 12063 Nuts, almonds, dry roasted, without salt added 3.31 1.10 12563 Nuts, almonds, dry roasted, with salt added 3.31 1.00 13907 Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw 3.31 1.00 15904 Chocolate, dark, 70-85% caeao solids 3.31 1.77 18979 KASHI, H2H Woven Wheat Cracker, Original 3.30 - 18982 KASHI, H2H Woven Wheat Cracker, Roasted Garlic 3.30 - 43544 Bahyfood, cereal, rice with pears and apple, dry, instant fortified 3.30 0.49 08471 Cereals ready-to-ent, KELLOGGS, SPECIAL K Protein Plus 3.30 - 1295 Nuts, almond butter, plain, with salt added 3.29 0.93 1793 Lamb, New Zealand, imported, frozen, loin, separable	05020	Chicken, broilers or fryers, giblets, raw	3.32	0.24
17306 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw 3.32 0.14 17435 Veal, shank, separable lean and fat, raw 3.32 0.10 12063 Nius, almonds, dry roasted, without salt added 3.31 1.10 12363 Nius, almonds, dry roasted, without salt added 3.31 0.05 13907 Beef, short loin, bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw 3.31 0.05 19904 Chocolate, dark, 70-85% cacao solids 3.31 1.77 18979 KASHI, H2H Woven Wheat Cracker, Original 3.30 - 18982 KASHI, H2H Woven Wheat Cracker, Roasted Garlic 3.30 - 43544 Babyfood, cereal, rice with pears and apple, dry, instant fortified 3.30 0.49 08471 Cereals ready-to-eat, KELLOGGS, SPECIAL K Protein Plus 3.30 - 12195 Nius, almond butter, plain, without salt added 3.29 0.93 12095 Nius, almond butter, plain, with salt added 3.29 0.93 17079 Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cowled, brailed	13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	3.32	0.07
17435 Veal, shank, separable lean and fat, raw 3.32 0.10 12063 Nuts, almonds, dry roasted, without salt added 3.31 1.10 12563 Nuts, almonds, dry roasted, with salt added 3.31 1.10 13907 Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw 3.31 1.07 18908 Chocotate, dark, 70-85% cace osolids 3.31 1.77 18979 KASHI, H2H Woven Wheat Cracker, Original 3.30 - 18982 KASHI, H2H Woven Wheat Cracker, Roasted Garlic 3.30 0.38 43544 Babyfood, cereal, rice with pears and apple, dry, instant fortified 3.30 0.38 02017 Spices, dill weed, dried 3.30 0.49 8471 Cereals ready-to-eat, KELLOGGS, SPECIAL K Protein Plus 3.30 - 1295 Nuts, almond butter, plain, with salt added 3.29 0.93 1796 Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled 3.29 0.01 1783 Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw 3.29 0.01	17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	3.32	0.11
12063 Nuts, almonds, dry roasted, without salt added 3.31 1.10 12563 Nuts, almonds, dry roasted, with salt added 3.31 1.10 13907 Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw 3.31 0.05 19904 Chocolate, dark, 70-85% cacao solids 3.31 1.77 18979 KASHI, H2H Woven Wheat Cracker, Original 3.30 18982 KASHI, H2H Woven Wheat Cracker, Roasted Garlic 3.30 43544 Babyfood, cereal, rice with pears and apple, dry, instant fortified 3.30 0.38 02017 Spices, dill weed, dried 3.30 0.49 08471 Cereals ready-to-eat, KELLOGGS, SPECIAL K Protein Plus 3.30 12955 Nuts, almond butter, plain, without salt added 3.29 0.93 12965 Nuts, almond butter, plain, without salt added 3.29 0.93 17079 Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled 3.29 0.01 17383 Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw 3.29 0.01	17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	3.32	0.14
12563 Nuts, almonds, dry roasted, with salt added 3.31 1.10 13907 Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw 3.31 0.05 19904 Chocolate, dark, 70-85% caca osolids 3.31 1.77 18979 KASHI, H2H Woven Wheat Cracker, Original 3.30 48544 Babytood, cereal, rice with pears and apple, dry, instant fortified 3.30 0.38 02017 Spices, dill weed, dried 3.30 0.49 08471 Cereals ready-to-cat, KELLOGGS, SPECIAL K Protein Plus 3.30 1295 Nuts, almond butter, plain, with salt added 3.29 0.93 12695 Nuts, almond butter, plain, with salt added 3.29 0.93 17079 Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled 3.29 0.01 17383 Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw 3.29 0.01 12388 Beef, loin, top loin steak, boneless, lip-on, separable lean only, raw 3.29 0.04 25048 Snacks, NUTRI-GRAIN FRUIT AND NUT BAR 3.28 0.51	17435	Veal, shank, separable lean and fat, raw	3.32	0.10
13907 Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw 3.31 0.05 19904 Chocolate, dark, 70-85% cacao solids 3.31 1.77 18979 KASHI, H2H Woven Wheat Cracker, Original 3.30 18982 KASHI, H2H Woven Wheat Cracker, Roasted Garlic 3.30 43544 Babyfood, cereal, rice with pears and apple, dry, instant fortified 3.30 0.49 08471 Cereals ready-to-ear, KELLOGGS, SPECIAL K Protein Plus 3.30 12195 Nuts, almond butter, plain, without salt added 3.29 0.93 12695 Nuts, almond butter, plain, with salt added 3.29 0.93 17079 Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled 3.29 0.09 17425 Veal, leg, top round, cap off, cutlet, boncless, cooked, grilled 3.29 0.01 23388 Beef, loin, top loin steak, boncless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw 3.29 0.04 20140 Spelt, uncooked 3.28 0.51 25048 Snacks, NUTRI-GRAIN FRUIT AND NUT BAR 3.28 <	12063	Nuts, almonds, dry roasted, without salt added	3.31	1.10
19904 Chocolate, dark, 70-85% cacao solids 3.31 1.77 18979 KASHI, H2H Woven Wheat Cracker, Original 3.30 18982 KASHI, H2H Woven Wheat Cracker, Roasted Garlic 3.30 43544 Babyfood, cereal, rice with pears and apple, dry, instant fortified 3.30 0.38 02017 Spices, dill weed, dried 3.30 0.49 08471 Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus 3.30 12195 Nuts, almond butter, plain, without salt added 3.29 0.93 12695 Nuts, almond butter, plain, with salt added 3.29 0.93 17079 Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled 3.29 0.03 17383 Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw 3.29 0.09 17425 Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled 3.29 0.01 23388 Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw 3.29 0.04 20140 Spelt, uncooked 3.28 0.51 <td>12563</td> <td>Nuts, almonds, dry roasted, with salt added</td> <td>3.31</td> <td>1.10</td>	12563	Nuts, almonds, dry roasted, with salt added	3.31	1.10
18979 KASHI, H2H Woven Wheat Cracker, Original 3.30 18982 KASHI, H2H Woven Wheat Cracker, Roasted Garlic 3.30 43544 Babyfood, cereal, rice with pears and apple, dry, instant fortified 3.30 0.38 02017 Spices, dill weed, dried 3.30 0.49 08471 Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus 3.30 12195 Nuts, almond butter, plain, without salt added 3.29 0.93 12695 Nuts, almond butter, plain, with salt added 3.29 0.93 17079 Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled 3.29 0.03 17383 Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw 3.29 0.01 23388 Beef, loin, top loin steak, boneless, lip-on, separable lean only, raw 3.29 0.04 20140 Spelt, uncooked 3.28 0.51 25048 Snacks, NUTRI-GRAIN FRUIT AND NUT BAR 3.28 0.44 01227 Cheese, dry white, queso seco 3.28 0.03 10033 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised 3.28 0.1	13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.31	0.05
18982 KASHI, H2H Woven Wheat Cracker, Roasted Garlic 3.30 43544 Babyfood, cereal, rice with pears and apple, dry, instant fortified 3.30 0.38 02017 Spices, dill weed, dried 3.30 0.49 08471 Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus 3.30 12195 Nuts, almond butter, plain, without salt added 3.29 0.93 12695 Nuts, almond butter, plain, with salt added 3.29 0.93 17079 Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled 3.29 0.03 17383 Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw 3.29 0.09 17425 Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled 3.29 0.01 23388 Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw 3.29 0.04 20140 Spelt, uncooked 3.28 0.51 25048 Snacks, NUTRI-GRAIN FRUIT AND NUT BAR 3.28 0.44 01027 Cheese, dry white, queso seco 3.28 0.03 10033 Pork, fresh, loin, blade (chops), bone-in, separable lean a	19904	Chocolate, dark, 70-85% cacao solids	3.31	1.77
43544 Babyfood, cereal, rice with pears and apple, dry, instant fortified 3,30 0,38 02017 Spices, dill weed, dried 3,30 0,49 08471 Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus 3,30 12195 Nuts, almond butter, plain, without salt added 3,29 0,93 12695 Nuts, almond butter, plain, with salt added 3,29 0,93 17079 Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled 3,29 0,03 17383 Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw 3,29 0,09 17425 Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled 3,29 0,01 23388 Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw 3,29 0,04 20140 Spelt, uncooked 3,28 0,51 25048 Snacks, NUTRI-GRAIN FRUIT AND NUT BAR 3,28 0,44 01027 Cheese, dry white, queso seco 3,28 0,03 10033 Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised 3,28 0,10 10037 Pork, fresh, loin, cente	18979	KASHI, H2H Woven Wheat Cracker, Original	3.30	
02017 Spices, dill weed, dried 3.30 0.49 08471 Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus 3.30 12195 Nuts, almond butter, plain, without salt added 3.29 0.93 12695 Nuts, almond butter, plain, with salt added 3.29 0.93 17079 Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled 3.29 0.13 17383 Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw 3.29 0.09 17425 Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled 3.29 0.11 23388 Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw 3.29 0.04 20140 Spelt, uncooked 3.28 0.51 25048 Snacks, NUTRI-GRAIN FRUIT AND NUT BAR 3.28 0.44 01227 Cheese, dry white, queso seco 3.28 0.03 10033 Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised 3.28 0.10 10037 Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised 3.28 0.10	18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	3.30	
08471 Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus 3.30 12195 Nuts, almond butter, plain, without salt added 3.29 0.93 12695 Nuts, almond butter, plain, with salt added 3.29 0.93 17079 Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled 3.29 0.13 17383 Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw 3.29 0.09 17425 Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled 3.29 0.11 23388 Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw 3.29 0.04 20140 Spelt, uncooked 3.28 0.51 25048 Snacks, NUTRI-GRAIN FRUIT AND NUT BAR 3.28 0.44 01227 Cheese, dry white, queso seco 3.28 0.03 10033 Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised 3.28 0.10 10037 Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised 3.28 0.10	43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	3.30	0.38
12195 Nuts, almond butter, plain, without salt added 3.29 0.93 12695 Nuts, almond butter, plain, with salt added 3.29 0.93 17079 Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled 3.29 0.13 17383 Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw 3.29 0.09 17425 Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled 3.29 0.11 23388 Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw 3.29 0.04 20140 Spelt, uncooked 3.28 0.51 25048 Snacks, NUTRI-GRAIN FRUIT AND NUT BAR 3.28 0.44 01227 Cheese, dry white, queso seco 3.28 0.03 10033 Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised 3.28 0.10 10037 Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised 3.28 0.10	02017	Spices, dill weed, dried	3.30	0.49
12695 Nuts, almond butter, plain, with salt added 3.29 0.93 17079 Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled 3.29 0.13 17383 Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw 3.29 0.09 17425 Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled 3.29 0.11 23388 Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw 3.29 0.04 20140 Spelt, uncooked 3.28 0.51 25048 Snacks, NUTRI-GRAIN FRUIT AND NUT BAR 3.28 0.44 01227 Cheese, dry white, queso seco 3.28 0.03 10033 Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised 3.28 0.10 10037 Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised 3.28 0.10	08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	3.30	
17079Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled3.290.1317383Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw3.290.0917425Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled3.290.1123388Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw3.290.0420140Spelt, uncooked3.280.5125048Snacks, NUTRI-GRAIN FRUIT AND NUT BAR3.280.4401227Cheese, dry white, queso seco3.280.0310033Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised3.280.1010037Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised3.280.10	12195	Nuts, almond butter, plain, without salt added	3.29	0.93
Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled 3.29 0.11 23388 Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw 3.29 0.04 20140 Spelt, uncooked Snacks, NUTRI-GRAIN FRUIT AND NUT BAR 3.28 0.51 Cheese, dry white, queso seco 3.28 0.03 Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised 10037 Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised 3.28 0.10	12695	Nuts, almond butter, plain, with salt added	3.29	0.93
Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled 3.29 0.11 23388 Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw 3.29 0.04 20140 Spelt, uncooked Snacks, NUTRI-GRAIN FRUIT AND NUT BAR 0.51 Cheese, dry white, queso seco 3.28 0.03 10033 Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised 10037 Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised 3.29 0.04 0.51 0.51 0.60 0.70	17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	3.29	0.13
Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw 3.29 0.04 Spelt, uncooked Snacks, NUTRI-GRAIN FRUIT AND NUT BAR 0.28 0.44 Cheese, dry white, queso seco 3.28 0.03 Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised 9.00 10037 Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised 3.28 0.10	17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	3.29	0.09
20140Spelt, uncooked3.280.5125048Snacks, NUTRI-GRAIN FRUIT AND NUT BAR3.280.4401227Cheese, dry white, queso seco3.280.0310033Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised3.280.1010037Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised3.280.10	17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	3.29	0.11
Snacks, NUTRI-GRAIN FRUIT AND NUT BAR Cheese, dry white, queso seco 10033 Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised 3.28 0.10 10037 Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised 3.28 0.10	23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.29	0.04
Cheese, dry white, queso seco 3.28 0.03 Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised 3.28 0.10 10037 Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised 3.28 0.10	20140	Spelt, uncooked	3.28	0.51
Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised 3.28 0.10 Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised 3.28 0.10	25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	3.28	0.44
Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised 3.28 0.10	01227	Cheese, dry white, queso seco	3.28	0.03
	10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	3.28	0.10
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw 3.28	10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	3.28	0.10
	13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	3.28	0.07

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
16089	Peanuts, all types, oil-roasted, with salt	3.28	0.53
16389	Peanuts, all types, oil-roasted, without salt	3.28	0.53
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	3.28	0.13
16069	Lentils, raw	3.27	0.75
16087	Peanuts, all types, raw	3.27	1.14
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	3.27	0.08
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	3.27	0.06
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	3.27	0.06
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	3.26	0.06
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	3.26	0.06
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	3.26	0.09
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	3.26	0.11
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	3.26	0.11
15178	Mollusks, whelk, unspecified, cooked, moist heat	3.26	2.06
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	3.26	0.12
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	3.26	0.12
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	3.25	0.26
07013	Bratwurst, pork, cooked	3.25	0.10
07088	Honey roll sausage, beef	3.25	0.10
05713	Turkey, retail parts, wing, meat only, cooked, roasted	3.24	0.06
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	3.24	0.11
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.24	0.08
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	3.24	0.08
17109	Veal, loin, separable lean only, cooked, roasted	3.24	0.12
17110	Veal, rib, separable lean and fat, raw	3.24	0.10
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	3.24	0.16
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	3.24	0.04
01035	Cheese, provolone	3.23	0.03
01208	Cheese, provolone, reduced fat	3.23	0.03
02036	Spices, rosemary, dried	3.23	0.55
05171	Turkey, whole, giblets, raw	3.23	0.58
07056	Peppered loaf, pork, beef	3.23	0.12
07921	Bacon and beef sticks	3.23	0.08
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	3.23	0.08
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	3.23	0.11
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	3.23	0.06

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	3.22	0.08
19059	Snacks, trail mix, regular	3.22	0.98
19821	Snacks, trail mix, regular, unsalted	3.22	0.98
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	3.22	0.06
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	3.22	0.06
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	3.21	0.06
05175	Turkey, heart, all classes, raw	3.21	0.49
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	3.21	0.36
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	3.21	0.09
10220	Pork, fresh, ground, cooked	3.21	0.04
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	3.21	0.14
07043	Roast beef, deli style, prepackaged, sliced	3.20	0.09
08402	Cereals, QUAKER, Quick Oats, Dry	3.20	0.37
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	3.20	
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	3.20	0.12
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.20	0.07
17122	Veal, shoulder, arm, separable lean and fat, raw	3.20	0.12
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	3.20	0.13
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	3.20	0.07
20132	Oat flour, partially debranned	3.20	0.44
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	3.20	0.06
43340	Cheese, parmesan, low sodium	3.19	0.04
01146	Cheese, parmesan, shredded	3.19	0.04
05624	Emu, fan fillet, cooked, broiled	3.19	0.23
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.19	0.05
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	3.19	0.13
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	3.18	0.06
17128	Veal, shoulder, blade chop, separable lean and fat, raw	3.18	0.08
01126	Egg, yolk, raw, frozen, pasteurized	3.17	0.00
05149	Goose, domesticated, meat only, cooked, roasted	3.17	0.28
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	3.17	0.15
07230	OSCAR MAYER, Salami (hard)	3.16	0.19
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	3.16	1.20
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	3.16	0.05
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	3.16	0.12
17167	Game meat, elk, cooked, roasted	3.16	0.14

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	3.16	0.08
01133	Egg, whole, dried	3.15	0.20
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	3.15	0.12
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	3.15	0.10
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	3.15	0.07
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.15	0.06
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	3.14	0.84
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	3.14	0.84
02034	Spices, poultry seasoning	3.14	0.84
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	3.14	0.09
10072	Pork, fresh, shoulder, whole, separable lean only, raw	3.14	0.10
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	3.14	0.07
16052	Broadbeans (fava beans), mature seeds, raw	3.14	0.82
16110	Soybeans, mature seeds, roasted, salted	3.14	0.83
16410	Soybeans, mature seeds, roasted, no salt added	3.14	0.83
03181	Babyfood, cereal, barley, dry fortified	3.13	0.47
12084	Nuts, butternuts, dried	3.13	0.45
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.13	0.11
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	3.13	0.00
43597	Cheese, mozzarella, low sodium	3.13	0.03
20011	Buckwheat flour, whole-groat	3.12	0.52
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	3.12	0.14
05716	Turkey, retail parts, drumstick, meat only, raw	3.12	0.08
12061	Nuts, almonds	3.12	1.03
05306	Ground turkey, cooked	3.11	0.15
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	3.11	0.43
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	3.11	0.10
20033	Oat bran, raw	3.11	0.40
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	3.10	0.16
20035	Quinoa, uncooked	3.10	0.59
43282	Quail, cooked, total edible	3.10	0.59
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	3.10	0.09
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	3.10	0.40
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	3.10	0.30
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	3.10	0.10
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	3.10	0.11

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	3.10	0.12
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	3.10	0.11
01169	Cheese, low-sodium, cheddar or colby	3.09	0.04
05193	Turkey, all classes, leg, meat and skin, raw	3.09	0.14
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	3.09	0.08
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	3.09	0.10
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	3.09	0.51
10867	Pork, cured, ham water added, shank, bone-in, separable lean only, heated, roasted	3.09	0.12
12155	Nuts, walnuts, english	3.09	1.59
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	3.09	0.10
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	3.09	0.06
19034	Snacks, popcorn, air-popped	3.08	0.26
07913	Salami, pork, beef, less sodium	3.08	0.09
16094	Peanuts, valencia, oil-roasted, with salt	3.08	0.84
16394	Peanuts, valencia, oil-roasted, without salt	3.08	0.84
16399	Peanut butter with omega-3, creamy	3.08	0.48
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	3.08	0.11
17103	Veal, leg (top round), separable lean only, cooked, roasted	3.08	0.13
01011	Cheese, colby	3.07	0.04
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	3.07	0.13
05143	Duck, domesticated, liver, raw	3.07	5.96
05150	Goose, liver, raw	3.07	7.52
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	3.07	0.45
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	3.07	
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	3.07	0.11
12065	Nuts, almonds, oil roasted, without salt added	3.07	0.96
12565	Nuts, almonds, oil roasted, with salt added	3.07	0.96
12665	Nuts, almonds, oil roasted, lightly salted	3.07	0.96
01127	Egg, yolk, raw, frozen, sugared, pasteurized	3.06	0.01
01229	Cheese, white, queso blanco	3.06	0.02
07955	Turkey sausage, fresh, raw	3.06	0.09
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	3.06	0.09
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	3.06	0.10
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	3.06	0.17
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	3.06	0.11
35183	Corn, dried, yellow (Northern Plains Indians)	3.06	0.29

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
21243	WENDY'S, CLASSIC DOUBLE, with cheese	3.05	0.08
07060	Luxury loaf, pork	3.05	0.10
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	3.05	0.33
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	3.05	0.09
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	3.05	0.08
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	3.04	0.43
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	3.04	0.13
21202	Fast foods, hamburger, large, single patty, with condiments	3.04	0.10
05173	Turkey, gizzard, all classes, raw	3.03	0.22
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	3.03	0.10
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	3.03	0.10
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	3.03	0.10
16113	Natto	3.03	0.67
17106	Veal, loin, separable lean and fat, cooked, roasted	3.03	0.11
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	3.03	0.09
01166	Cheese, mexican, queso asadero	3.02	0.03
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	3.02	0.08
21101	Fast foods, cheeseburger; triple, regular patty; plain	3.02	0.08
01045	Cheese food, cold pack, American	3.01	0.03
01251	Cheese, Mexican blend	3.01	0.02
05127	Chicken, stewing, giblets, raw	3.01	0.28
10121	Pork, fresh, variety meats and by-products, tongue, raw	3.01	0.07
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	3.01	0.10
17159	Game meat, boar, wild, cooked, roasted	3.01	0.06
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	3.01	0.14
01025	Cheese, monterey	3.00	0.03
01185	Parmesan cheese topping, fat free	3.00	0.02
05625	Emu, flat fillet, raw	3.00	0.20
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	3.00	0.09
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	3.00	0.08
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	3.00	0.12
18975	KASHI, TLC, Original 7-Grain Crackers	3.00	
19051	Snacks, rice cracker brown rice, plain	3.00	0.44
19053	Snacks, rice cakes, brown rice, sesame seed	3.00	0.39
19416	Snacks, rice cakes, brown rice, rye	3.00	0.39
19816	Snacks, rice cakes, brown rice, plain, unsalted	3.00	0.44

1941 Stracks, rice ales, brown rice, seame seed, unclaind 3.00 0.35 2112 Ista Boals, hamburgers single, large party; plain 3.00 0.12 2124 BLIKERR KINK, DOHIRLH WIDDPTRA, unclases 3.00 0.02 21245 Bear, New Zealand, paper quivale, large party, with conditations. vegetables and importations 3.00 0.50 21245 Bear, New Zealand, protect, variety meast and by-groducts, liver, raw 3.00 0.04 21217 Initiation cheese, sunctions or chedder, low cholesterol 3.00 0.04 42117 Initiation cheese, sunctions or chedder, low cholesterol 3.00 0.04 42128 Cheese, montreey, low ful 3.00 0.04 42128 Cleane, branch seady, search, AP IPN 3.00 0.04 42184 Cleane, branch ready, search, AP IPN 3.00 0.05 42185 Cleane, polarizated praces, cheladator of American, low softian 2.09 0.04 43184 Cleane, polarizated praces, large, cooled, fried 2.00 0.05 43284 Cleane, polarizated park, wing, most and shar, cocked, rossed 2.00 0.05	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
2124 BIRGER KING, DOLBE WHOPPER, no cheese 3.00 0.12 21380 Past foods, hamburger double, large purty with condiments. vegetables and mayonasise 3.00 0.01 24252 Beef, New Zeshant, impured, variety neutrals and by products, liver, raw 3.00 0.43 25990 Stacks, brown rice chips 3.00 0.04 42117 Intuition cheese, american or cheddur, low cholesterol 3.00 0.00 42218 Cheese, monitary, low fat 3.00 0.04 42224 Rice cake, cracker fisclude hain min ire cakes) 3.00 0.04 42240 Rice cake, cracker fisclude hain min ire cakes) 3.00 0.04 42241 Crackers, whole-wheat, reduced fat 2.99 0.05 43288 Create, whole-wheat, reduced fat 2.99 0.01 43288 Create, whole-wheat, reduced fat 2.99 0.01 43288 Creaters, whole-wheat, reduced fat 2.99 0.07 43288 Creaters, whole-wheat, reduced fat 2.99 0.07 43289 Cheese, pasterrized practices, constructured for seal of the case of the case of the case of	19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	3.00	0.39
Fast foods, humburger double, large party; with condiments, vegetables and mayonnaise 3.00 3.10 3.5	21112	Fast foods, hamburger; single, large patty; plain	3.00	0.10
23425 Becf, New Zealand, imported, variety means and by-products, liver, raw 3.00 6.34 25090 Snacks known rice chips 3.00 0.03 42171 Initiation cheese, ancierican or cheddur, low cholesterol 3.00 0.03 42215 Cheese, montercy, low fat 3.00 0.03 42214 Rice cake, reaker (include ham min' rice cakes) 3.00 0.43 183218 Creakers, whole-wheat, reduced fat 2.99 0.05 43398 Cheese, spatientized process, fiscedular or American, low sodium 2.99 0.03 0020 Spices, gartic powder 2.99 0.53 0020 Spices, gartic powder 2.99 0.03 01721 Lamb, variety meats and by-products, tongue, cooked, braised 2.99 0.07 01722 Lamb, variety meats and by-products, tongue, cooked, braised 2.99 0.07 01721 Lamb, variety meats and yellow change, cooked, braised 2.99 0.07 01721 Lamb, variety meats and yellow change, cooked, braised 2.99 0.07 01722 Lamb, variety meats and yellow change, cooked, braised	21254	BURGER KING, DOUBLE WHOPPER, no cheese	3.00	0.12
2505 Snacks, hown rice chips 3.00 0.44 42117 Intuition cheese, american or cheldar, low cholesierol 3.00 0.03 42154 Cheese, montere, un cheldar, low cholesierol 3.00 0.03 42204 Rice cake, cracker (include hain mini rice cakes) 3.00 0.30 43218 Cereals ready-se-cut, ALPEN 3.00 0.33 18396 Cheese, pasteurized process, cheldar or American, low sodium 2.99 0.03 0020 Spices, gartic powder 2.99 0.03 3735 Tarkey, retail prace, wing, meat and skin, cooked, masted 2.99 0.07 3721 Lamb, variety ments and by-products, tongue, cooked, braised 2.99 0.01 10041 Cheece, pasteurized process, pineum 2.98 0.09 07912 Lamb, variety ments and by-products, tongue, cooked, braised 2.99 0.21 10141 Cheece, pasteurized process, pineum 2.98 0.09 07912 Lamb, variety ments and by-products, tongue, cooked, braised 2.98 0.09 07914 Chicken, brotiles or fyers, eleganetialise, mild 2	21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	3.00	0.12
42117 Imitation cheese, american or cheddar, low cholesterol 3.00 0.03 42155 Cheese, moniterey, low fat 3.00 0.04 42124 Rise carks, ernotice (includes hain mini rice cakes) 3.00 0.44 42218 Cercals ready-to-cart. ALFEN 3.00 0.30 18949 Chackers, whole-wheat, reduced fat 2.99 0.045 3398 Cheese, pasterized process, cheddar or American, low sodium 2.99 0.03 02020 Spices, garlie produces 2.99 0.02 05735 Turkey, retail prats, wing, meat and skin, cooked, roasted 2.99 0.02 07212 Lumb, variety meats and by- products, tonges, cooked, brised 2.99 0.02 07221 Lumb, variety meats and by- products, tonges, cooked, brised 2.98 0.01 07310 Chacker, pasterizable process, parinon 2.98 0.02 07919 Sussage, turkey, breakfast links, mild 2.98 0.01 1247 Nus, walouts, by mosted, with skil added 2.98 0.11 1246 Nus, almonds, blanched 2.97 0.05 <td>23425</td> <td>Beef, New Zealand, imported, variety meats and by-products, liver, raw</td> <td>3.00</td> <td>5.30</td>	23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	3.00	5.30
42155 Cheese, monterey, low fat 3.00 0.03 42204 Rice cake, eracker (include hain mini rice cakes) 3.00 0.44 43218 Cereals ready-to-eat, ALPEN 3.00 0.30 18949 Crackers, whole-wheat, reduced fat 2.99 0.03 43398 Cheese, pastentized process, chedular or American, low sodium 2.99 0.03 02020 Spices, gardic powder 2.99 0.03 07575 Turkey, retail past, wing, meat and skin, cooked, roasted 2.99 0.07 17221 Lamb, variety meats and by-products, tongue, cooked, braised 2.99 0.02 0818 Chicken, broilers or fryers, leg, meat only, cooked, fried 2.98 0.09 08191 Chicken, broilers or fryers, leg, meat only, cooked, fried 2.98 0.09 08191 Sussage, turkey, breakfast links, mild 2.98 0.09 07919 Sussage, turkey, breakfast links, mild 2.98 0.09 17244 Lamb, Australian, imported, fresh, cak, rost, frenched, bone-in, separable lean only, trimmed to 18° fat, cooked, rosted 2.98 0.11 1245 Natz	25059	Snacks, brown rice chips	3.00	0.44
42204 Rice cake, cracker (include hain min rice cakes) 3.00 0.44 43218 Cercals ready-to-eat, ALPEN 3.00 3.30 18249 Crackers, whole-whear, reduced far 2.9 0.45 43398 Cheese, pasteurized process, cheddar or American, low sodium 2.99 0.03 02020 Spices, gartic powder 2.99 0.53 8735 Turkey, retail parts, wing, meat and skin, cooked, oasted 2.99 0.21 17221 Lamb, variety meats and by-groducts, tonges, cooked, braised 2.99 0.21 10043 Cheese, pasteurized process, pimento 2.98 0.09 05081 Chicken, broilers or fiyers, leg, meat only, cooked, fried 2.98 0.09 07919 Sausage, turkey, breakfast links, lid 2.98 0.11 12157 Nuts, wallurs, dry roasted, with salf added 2.98 1.49 17448 Lamb, Australian, imported, fresh, rack, coast, frenched, bone-in, separable lean only, trimmed to 1.8" fat, cooked, roasted 2.98 0.11 12062 Nuts, almonak, banche 2.97 0.50 1214 Pasta, whole-wheat, dry </td <td>42117</td> <td>Imitation cheese, american or cheddar, low cholesterol</td> <td>3.00</td> <td>0.03</td>	42117	Imitation cheese, american or cheddar, low cholesterol	3.00	0.03
48218 Cercals ready-to-eart, AI-PEN 3.00 0.30 1849 Crackers, whole-wheat, recluced fat 2.99 0.45 43398 Cheese, pasteurized process, cheddar or American, low sodium 2.99 0.53 00200 Spices, gaitic powder 2.99 0.53 18755 Turkey, retail parts, wing, meat and skin, cooked, trasted 2.99 0.21 17221 Lamb, variety meats and by-products, tongue, cooked, braised 2.99 0.21 10843 Cheese, pasteurized process, pimento 2.98 0.09 05081 Chicken, broilers or fiyers, leg, meat only, cooked, fried 2.98 0.01 12157 Nuts, valurut, dry roasted, with salt added 2.98 0.11 12148 Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1.8° fat, cooked, roasted 2.97 1.03 12145 Nuts, allmods, blanched 2.97 0.06 12145 Nata, whole, wheat, dry 2.97 0.05 12146 Nata, pilitarts, dried 2.97 0.05 12149 Nata, pilitarts, dried 2.97	42155	Cheese, monterey, low fat	3.00	0.03
18949 Crackers, whole-wheat, reduced fat 2.99 0.45 43398 Cheese, pasteuized process, cheddar or American, low sodium 2.99 0.03 02020 Spices, garlie powder 2.99 0.03 05735 Turkey, retail parts, wing, mean and skin, cooked, roasted 2.99 0.02 17221 Lamb, variety meats and by-products, tongue, cooked, braised 2.98 0.03 05081 Chicken, broilers or fyvers, leg, meat only, cooked, fried 2.98 0.01 05081 Chicken, broilers or fyvers, leg, meat only, cooked, fried 2.98 0.01 12157 Nuts, walmuts, dry roasted, with sait added 2.98 0.11 12167 Nuts, walmuts, dry roasted, with sait added 2.98 0.11 12168 Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted 2.98 0.11 12062 Nuts, almonds, blanched 2.97 0.05 12145 Nixs, plimuts, dried 2.97 0.05 43390 Turkey, tight or dark meat, moked, cooked, with skin, bone removed 2.96 0.07 0534	42204	Rice cake, cracker (include hain mini rice cakes)	3.00	0.44
43398 Cheese, pasteurized process, cheldar or American, low sodium 2.99 0.03 02020 Spices, garlic powder 2.99 0.53 05735 Turkey, retail parts, wing, meat and skin, conked, roasted 2.99 0.07 17221 Lamb, variety meats and by-products, tongue, cooked, braised 2.98 0.08 05081 Chicken, broilers or fryers, leg, meat only, cooked, fried 2.98 0.09 07919 Sausage, turkey, breakfast links, mild 2.98 0.11 12157 Nus, sulmus, dry roasted, with salt added 2.98 0.11 1262 Nus, almonds, blanched 2.98 0.11 12062 Nus, almonds, blanched 2.97 0.06 12145 Nus, pilinus, dried 2.97 0.50 43390 Turkey, light or dark meat, smoked, cooked, with skin, bone removed 2.97 0.06 43390 Turkey, light or dark meat, smoked, cooked, with skin, bone removed 2.96 0.09 0543 Chicken, broilers or fryers, drumsick, meat only, cooked, roisserie, original seasoning 2.96 0.09 0545 Chicken, broilers or fryers, dr	43218	Cereals ready-to-eat, ALPEN	3.00	0.30
02020 Spices, garlic powder 2.99 0.53 05735 Turkey, retail parts, wing, meat and skin, cooked, roasted 2.99 0.07 17221 Lamb, variety meats and by-products, tongue, cooked, braised 2.99 0.21 10143 Cheese, pasteurized process, pimento 2.98 0.09 05081 Chicken, broilers or fryers, leg, meat only, cooked, fried 2.98 0.09 07919 Sausage, turkey, breakfast links, mild 2.98 0.11 12157 Nuts, walnuts, dry roasted, with salt added 2.98 0.11 17448 Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted 2.98 0.11 12062 Nuts, sliliauts, dried 2.97 1.03 20144 Pasta, whole-wheat, dry 2.97 0.50 43390 Turkey, light or dark meat, smoked, cooked, with skin, bone removed 2.96 0.09 05543 Chicken, broilers or fryers, dumstick, meat only, cooked, roasted 2.96 0.09 1009 Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted 2.96 0.18	18949	Crackers, whole-wheat, reduced fat	2.99	0.45
05735 Turkey, retail parts, wing, meat and skin, cooked, roasted 2.99 0.07 17221 Lamb, variety meats and by-products, tongue, cooked, braised 2.98 0.08 10143 Cheese, pasteurized process, pimento 2.98 0.09 05081 Chicken, broilers or fryers, leg, meat only, cooked, fried 2.98 0.01 07919 Sausage, turkey, breakfast links, mild 2.98 0.11 12157 Nuts, walnuts, dry roasted, with salt added 2.98 0.11 12468 Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted 2.98 0.11 12062 Nuts, almonds, blanched 2.97 0.50 20124 Pasta, whole-wheat, dry 2.97 0.50 43390 Turkey, light or dark meat, smoked, cooked, with skin, bone removed 2.96 0.09 05343 Chicken, broilers or fryers, drumstick, meat only, cooked, roasted 2.96 0.10 12009 Pork, fresh, leg tham), whole, separable lean and fat, cooked, roasted 2.96 0.18 05717 Turkey, retail parts, thigh, meat only, raw 2.95 0.3	43398	Cheese, pasteurized process, cheddar or American, low sodium	2.99	0.03
17221 Lamb, variety meats and by-products, tongue, cooked, braised 2.98 0.03 101043 Cheese, pasteurized process, pimento 2.98 0.08 05081 Chicken, broilers of fyers, leg, meat only, cooked, fried 2.98 0.09 07919 Sausage, turkey, breakfast links, mild 2.98 1.19 12157 Nus, valunds, dry roasted, with salt added 2.98 1.19 12448 Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted 2.98 0.11 12062 Nuts, almonds, blanched 2.97 1.03 12145 Nuts, plimuts, dried 2.97 0.96 20124 Pasta, whole-wheat, dry 2.97 0.96 43390 Turkey, light or dark meat, smoked, cooked, with skin, bone removed 2.96 0.09 05343 Chicken, broilers or fryers, drumstick, meat only, cooked, roatsed 2.96 0.10 1200 Nuts, formulated, wheat-based, all flavors except macadamia, without salt 2.96 0.18 05717 Turkey, retail parts, thigh, meat only, raw 2.95 0.31 <td< td=""><td>02020</td><td>Spices, garlic powder</td><td>2.99</td><td>0.53</td></td<>	02020	Spices, garlic powder	2.99	0.53
01043 Chesee, pasteurized process, pimento 2.98 0.09 05081 Chicken, broilers or fryers, leg, meat only, cooked, fried 2.98 0.09 07919 Sausage, turkey, breakfast links, mild 2.98 0.11 12157 Nuts, walnuts, dry roasted, with salt added 2.98 1.49 17448 Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted 2.98 0.11 12062 Nuts, allmonds, blanched 2.97 1.03 12145 Nuts, pilinuts, dried 2.97 0.50 43390 Turkey, light or dark meat, smoked, cooked, with skin, bone removed 2.96 0.09 05343 Chicken, broilers or fryers, drumstick, meat only, cooked, rofiserie, original seasoning 2.96 0.09 10009 Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted 2.96 0.10 05717 Turkey, retail parts, thigh, meat only, raw 2.95 0.08 08054 Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey 2.95 0.07 17223 Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	2.99	0.07
05081 Chicken, broilers or fryers, leg, meat only, cooked, fried 2.98 0.09 07919 Sausage, turkey, breakfast links, mild 2.98 0.11 12157 Nuts, walnuts, dry coasted, with salt added 2.98 1.49 17448 Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted 2.98 0.11 12062 Nuts, almonds, blanched 2.97 1.03 12145 Nuts, pilinuts, dried 2.97 0.96 40124 Pasta, whole-wheat, dry 2.97 0.50 43390 Turkey, light or dark meat, smoked, cooked, with skin, bone removed 2.96 0.09 05343 Chicken, broilers or fryers, drumstick, meat only, cooked, roasted 2.96 0.09 10009 Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted 2.96 0.10 05717 Turkey, retail parts, thigh, meat only, raw 2.95 0.08 0854 Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey 2.95 0.07 17223 Pork, fresh, loin, tenderfoin, separable lean only, cooked, broiled 2.95 <	17221	Lamb, variety meats and by-products, tongue, cooked, braised	2.99	0.21
07919 Sausage, turkey, breakfast links, mild 2.98 0.11 12157 Nuts, walnuts, dry roasted, with salt added 2.98 1.49 17448 Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted 2.98 0.11 12062 Nuts, almonds, blanched 2.97 1.03 12145 Nuts, pilinuts, dried 2.97 0.96 20124 Pasta, whole-wheat, dry 2.97 0.50 43390 Turkey, light or dark meat, smoked, cooked, with skin, bone removed 2.96 0.09 05343 Chicken, broilers or fryers, drumstick, meat only, cooked, roisserie, original seasoning 2.96 0.09 10009 Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted 2.96 0.10 12200 Nuts, formulated, wheat-based, all flavors except macadamia, without salt 2.96 0.18 05717 Turkey, retail parts, thigh, meat only, raw 2.95 0.08 08054 Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey 2.95 0.31 12293 Pork, fresh, lein, incederloin, separable lean and fat, trimmed to	01043	Cheese, pasteurized process, pimento	2.98	0.03
12157 Nuts, walnuts, dry roasted, with salt added 2.98 1.49 17448 Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted 2.98 0.11 12062 Nuts, almonds, blanched 2.97 1.03 12145 Nuts, pilinuts, dried 2.97 0.50 20124 Pasta, whole-wheat, dry 2.97 0.50 43390 Turkey, light or dark meat, smoked, cooked, with skin, bone removed 2.96 0.09 05343 Chicken, broilers or fryers, drumstick, meat only, cooked, roasted 2.96 0.09 10009 Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted 2.96 0.10 12200 Nuts, formulated, wheat-based, all flavors except macadamia, without salt 2.96 0.18 08514 Cercals ready-to-calt, QUAKER, 100% Natural Granola, Oats, Wheat and Honey 2.95 0.08 10223 Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled 2.95 0.07 17298 Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw 2.95 0.15 17424	05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	2.98	0.09
17448 Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted 2.98 0.11 12062 Nuts, almonds, blanched 2.97 1.03 12145 Nuts, pilinuts, dried 2.97 0.50 20124 Pasta, whole-wheat, dry 2.97 0.50 43390 Turkey, light or dark meat, smoked, cooked, with skin, bone removed 2.96 0.09 05343 Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning 2.96 0.09 10009 Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted 2.96 0.10 12200 Nuts, formulated, wheat-based, all flavors except macadamia, without salt 2.96 0.18 05717 Turkey, retail parts, thigh, meat only, raw 2.95 0.08 08054 Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey 2.95 0.31 10223 Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled 2.95 0.07 17298 Lamb, Australian, imported, fresh, leg, sirloin half, boncless, separable lean and fat, trimmed to 1/8" fat, raw 2.95 0.15	07919	Sausage, turkey, breakfast links, mild	2.98	0.11
12062 Nuts, almonds, blanched 2.97 1.03 12145 Nuts, pilinuts, dried 2.97 0.96 20124 Pasta, whole-wheat, dry 2.97 0.50 43390 Turkey, light or dark meat, smoked, cooked, with skin, bone removed 2.96 0.09 05343 Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning 2.96 0.09 10009 Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted 2.96 0.18 05717 Turkey, retail parts, thigh, meat only, raw 2.95 0.08 08054 Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey 2.95 0.07 17298 Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw 2.95 0.15 17424 Veal, ground, cooked, pan-fried 2.95 0.12 28360 MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free 2.95 0.64 01008 Cheese, caraway 2.94 0.02 01165 Cheese, mexican, queso anejo 2.94 0.02	12157	Nuts, walnuts, dry roasted, with salt added	2.98	1.49
12145 Nuts, pilinuts, dried 2.97 0.96 20124 Pasta, whole-wheat, dry 2.97 0.50 43390 Turkey, light or dark meat, smoked, cooked, with skin, bone removed 2.96 0.09 05343 Chicken, broilers or fryers, drumstick, meat only, cooked, roisserie, original seasoning 2.96 0.09 10009 Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted 2.96 0.18 05717 Turkey, retail parts, thigh, meat only, raw 2.95 0.08 08054 Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey 2.95 0.31 10223 Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled 2.95 0.07 17298 Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw 2.95 0.15 17424 Veal, ground, cooked, pan-fried 2.95 0.12 28360 MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free 2.95 0.64 01008 Cheese, caraway 2.94 0.02 01165 Cheese, mexican, queso anejo 2.94 0.01	17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	2.98	0.11
20124 Pasta, whole-wheat, dry 2.97 0.50 43390 Turkey, light or dark meat, smoked, cooked, with skin, bone removed 2.96 0.09 05343 Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning 2.96 0.09 10009 Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted 2.96 0.10 12200 Nuts, formulated, wheat-based, all flavors except macadamia, without salt 2.96 0.18 05717 Turkey, retail parts, thigh, meat only, raw 2.95 0.08 08054 Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey 2.95 0.31 10223 Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled 2.95 0.07 17298 Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw 2.95 0.15 17424 Veal, ground, cooked, pan-fried 2.95 0.12 28360 MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free 2.95 0.64 01008 Cheese, caraway 2.94 0.02 01165 Cheese, mexican, queso anejo 2.94 0.01	12062	Nuts, almonds, blanched	2.97	1.03
43390 Turkey, light or dark meat, smoked, cooked, with skin, bone removed 2.96 0.09 05343 Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning 2.96 0.09 10009 Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted 2.96 0.18 12200 Nuts, formulated, wheat-based, all flavors except macadamia, without salt 2.96 0.18 05717 Turkey, retail parts, thigh, meat only, raw 2.95 0.08 08054 Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey 2.95 0.31 10223 Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled 2.95 0.07 17298 Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw 2.95 0.15 17424 Veal, ground, cooked, pan-fried 2.95 0.12 28360 MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free 2.95 0.64 01008 Cheese, caraway 2.94 0.02 01165 Cheese, mexican, queso anejo 2.94 0.01	12145	Nuts, pilinuts, dried	2.97	0.96
05343 Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning 2.96 0.09 10009 Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted 2.96 0.10 12200 Nuts, formulated, wheat-based, all flavors except macadamia, without salt 2.96 0.18 05717 Turkey, retail parts, thigh, meat only, raw 2.95 0.08 08054 Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey 2.95 0.31 10223 Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled 2.95 0.07 17298 Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw 2.95 0.15 17424 Veal, ground, cooked, pan-fried 2.95 0.12 28360 MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free 2.95 0.64 01008 Cheese, caraway 2.94 0.02 01165 Cheese, mexican, queso anejo 2.94 0.01	20124	Pasta, whole-wheat, dry	2.97	0.50
10009Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted2.960.1012200Nuts, formulated, wheat-based, all flavors except macadamia, without salt2.960.1805717Turkey, retail parts, thigh, meat only, raw2.950.0808054Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey2.950.3110223Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled2.950.0717298Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw2.950.1517424Veal, ground, cooked, pan-fried2.950.1228360MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free2.950.6401008Cheese, caraway2.940.0201165Cheese, mexican, queso anejo2.940.01	43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	2.96	0.09
Nuts, formulated, wheat-based, all flavors except macadamia, without salt 2.96 0.18 05717 Turkey, retail parts, thigh, meat only, raw 2.95 0.08 08054 Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey 2.95 0.31 10223 Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled 2.95 0.07 17298 Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw 2.95 0.15 17424 Veal, ground, cooked, pan-fried 2.95 0.12 28360 MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free 2.95 0.64 01008 Cheese, caraway 2.94 0.02 01165 Cheese, mexican, queso anejo	05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	2.96	0.09
Turkey, retail parts, thigh, meat only, raw Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey 2.95 0.31 Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled 2.95 0.07 17298 Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw 2.95 0.15 17424 Veal, ground, cooked, pan-fried 2.95 0.12 28360 MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free 2.95 0.64 01008 Cheese, caraway 01065 Cheese, mexican, queso anejo	10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	2.96	0.10
Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey 2.95 0.31 10223 Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled 2.95 17298 Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw 2.95 17424 Veal, ground, cooked, pan-fried 2.95 0.12 28360 MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free 2.95 0.64 01008 Cheese, caraway 2.94 0.02 01165 Cheese, mexican, queso anejo	12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	2.96	0.18
Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw Veal, ground, cooked, pan-fried MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free Cheese, caraway Cheese, caraway Cheese, mexican, queso anejo Cheese, mexican, queso anejo	05717	Turkey, retail parts, thigh, meat only, raw	2.95	0.08
17298Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw2.950.1517424Veal, ground, cooked, pan-fried2.950.1228360MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free2.950.6401008Cheese, caraway2.940.0201165Cheese, mexican, queso anejo2.940.01	08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	2.95	0.31
17424Veal, ground, cooked, pan-fried2.950.1228360MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free2.950.6401008Cheese, caraway2.940.0201165Cheese, mexican, queso anejo2.940.01	10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	2.95	0.07
28360MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free2.950.6401008Cheese, caraway2.940.0201165Cheese, mexican, queso anejo2.940.01	17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	2.95	0.15
01008 Cheese, caraway 01165 Cheese, mexican, queso anejo 2.94 0.01	17424	Veal, ground, cooked, pan-fried	2.95	0.12
01165 Cheese, mexican, queso anejo 2.94 0.01	28360	MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free	2.95	0.64
	01008	Cheese, caraway	2.94	0.02
Pork, cured, shoulder, arm picnic, separable lean only, roasted 2.94	01165	Cheese, mexican, queso anejo	2.94	0.01
	10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	2.94	0.13

1214 of Nams, Instrumbated, when brook, unifavored, viril soll added 2.94 0.18 1246 of I anni, Australian, imputed, firely, leg, muter of lyone in, separable lean only, unimed to 18° fat, mon 2.93 0.03 1750 of Salani, canded, freel and prof. 2.93 0.00 1751 of Canish, New Zealand, imputed, invoke, regular ble lear only, mos 2.00 0.00 2150 of Bit Cliffs RNG, Dushic Chesselburge 2.92 0.00 2160 of Discourage of learned, stription, separable lean and fat, cooked, fast fried 2.92 0.00 0160 of Cheese, mozzaralia, imputed, stription, separable lean and fat, cooked, fast fried 2.92 0.00 0730 of Cheese, mozzaralia, which milk 2.92 0.00 0731 of Cheese, mozzaralia, which milk 2.92 0.00 0732 of Chemister, Schot, Schot, and dusky, fafe 2.92 0.00 0734 of Pork, freel, variety mosts and by-products stonach, colocid, simured 2.92 0.02 0737 of Chemister, Schot, Anne and Schot, regular ble and fat, colocid, costed 2.92 0.02 0740 of Pork, freel, but, variety mosts and	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
07000 Salami, cooked, beef and pork 2.93 0.36 17500 Lamb, New Zealand, imported, imited, reaw 2.93 0.08 24418 Beef, New Zealand, imported, imited, reaw 2.93 0.08 25460 BURGER KING, Double Cheesebarger 2.92 0.07 24563 Beef, New Zealand, imported, sirylinin, separable lean and fat, conked, fast fried 2.92 0.07 07026 Cheese, mozzardia, by obbe crilk 2.92 0.07 08745 Under, retail parts, thursvick, meat and skin, row 2.92 0.08 07050 Pankfutor, beef, pok, and marky, fat free 2.92 0.12 07054 Beef sansage, pre-coded 2.92 0.12 0863 Owk, friesh, variety meats and by-products, stounch, conkel, simmened 2.92 0.13 0364 Checker, berützer frieger, dark meat, meat only, conkel, fried 2.91 0.09 0364 Onk, friesh, variety meat and by-products, stounch, towack fried 2.91 0.08 0474 Ork, friesh, loin, center fib Cossist, berützer, stepatible lean and fat, cooked, rosted 2.91 0.08 1074 <th< td=""><td>12140</td><td>Nuts, formulated, wheat-based, unflavored, with salt added</td><td>2.94</td><td>0.18</td></th<>	12140	Nuts, formulated, wheat-based, unflavored, with salt added	2.94	0.18
1780 Lamb, New Zealand, imported, breast, separable team only, row 2.91 0.08	17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	2.94	0.13
2318 Recf, New Zadardı, imprited, invide, raw 293 0.08 21506 BIBGER KING, Double Cheeseburger 0.92 0.09 2448 Beel, New Zadardı, imported, sirpioin, separable lean and fat, cooked, fast fried 2.92 0.00 05736 Cheese, mozzarella, whole milk 2.92 0.08 05736 Turkey, renali pars, drunstek, meat and skin, raw 2.92 0.02 07951 Recf sausage, pre-cooked 2.02 0.07 10863 Prid, firesh, variety meals and Pyrnoducts, stomach, cooked, simmered 2.92 0.07 10874 Recf sausage, pre-cooked 2.02 0.07 10874 Ord, fresh, duriety meals and Pyrnoducts, stomach, cooked, simmered 2.92 0.03 10874 Ord, fresh, fouriety or pread, separable lean and fat, cooked, rosted 2.91 0.09 10974 Ord, fresh, loin, center rib (rosts), bouch, separable lean and fat, cooked, rosted 2.91 0.08 10972 Ord, tresh, loin, center rib (rosts), bouche, separable lean and fat, cooked, rosted 2.91 0.08 10974 Lamb, New Zealand, imported, separable lean and fat, cooked, rosted 2.91	07069	Salami, cooked, beef and pork	2.93	0.36
21908 BURGER KING, Double Cheeseburger 2.92 0.09 23468 Recf. Now Zealand, imported, stription, separable lean and fat, cooked, fast fried 2.92 0.07 1026 Cheese, mozarella, whole milk 2.92 0.08 6736 Turkey, retail parts, durnatick, meat and skin, raw 2.92 0.08 67905 Enakfuret, beef, pork, and urkey, fat free 2.92 0.07 107954 Beef susuage, pre-cookel 2.92 0.07 107863 Pork, fresh, variety meats and hy-products, stomach, cooked, simmered 2.92 0.07 107874 Game meat, bison, top round, separable lean and fat, cooked, rousted 2.91 0.08 10747 Pork, fresh, variety meats and hy-products, stomach, cooked, fried 2.91 0.08 10749 Ohi, fresh, birn, certer it (vassas), bone-in, separable lean and fat, cooked, rousted 2.91 0.08 10749 Pork, cuerd, ham, tump, bone-in, separable lean and fat, traw 2.91 0.08 10740 Pork, fresh, durned, imported, social disported, fresh, sobilet, work and and state of social fat, trimmed to 1.8° fat, row 2.91 0.08 10741 Lamb, New Zealand,	17360	Lamb, New Zealand, imported, breast, separable lean only, raw	2.93	0.09
2348 Beef, New Zealand, imported, stription, separable lean and fat, cooked, fast fried 2.92 0.07 01026 Cheese, morzaella, whole milk 2.92 0.08 07376 Trukey, retall parts, dummick, ment and skin, raw 2.92 0.01 07954 Frankfurter, beef, pork, and turkey, fat free 2.92 0.07 07954 Beef sawages, pre-cooked 2.92 0.07 07863 Pork, fresh, variety ments and by-products, stomuch, cooked, simmered 2.92 0.24 17337 Game meat, itson, top round, separable lean only, I' steak, raw 2.91 0.08 10947 Pork, fresh, broilers or fipers, dark meat, med only, cooked, fried 2.91 0.08 10947 Pork, fresh, broilers or fipers, dark meat, med only, cooked, fried 2.91 0.08 10949 Pork, crued, ham, mmp, bone-ine, separable lean and fat, cooked, rousted 2.91 0.08 10940 Pork, crued, ham, mmp, bone-ine, separable lean and fat, raw 2.91 0.08 10941 Lamb, New Zealand, imported, frozen, shoolder, suble (arm and blade), separable lean and fat, trained to 18" fat, raw 2.91 0.08 10942 Parky, me	23418	Beef, New Zealand, imported, inside, raw	2.93	0.08
01026 Cheese, mozzarella, whole milk 2.92 0.01 05736 Turkey, retail parts, drunstick, mest and skin, raw 2.92 0.08 07905 Frankfurter, beef, pork, and turkey, fat free 2.92 0.02 07954 Beef sussage, rpe-cooked 2.92 0.07 10863 Pork, fresh, variety meats and by-products, stomach, cooked, simmered 2.92 0.24 17377 Game meat, bison, top round, separable lean only, 1° steak, raw 2.92 0.01 10447 Pork, fresh, loin, center rib (rousts), bone-in, separable lean and fat, cooked, rousted 2.91 0.00 10594 Pork, great, ham, rump, bone-in, separable lean and fat, row 2.91 0.00 1047 Pork, great, ham, rump, bone-in, separable lean and fat, raw 2.91 0.00 10594 Catab, New Zealand, imported, spanse-set shoulder, separable lean and fat, rimmed to 1.8° fat, raw 2.91 0.00 1054 Lamb, New Zealand, imported, spanse-set shoulder, separable lean and fat, rimmed to 1.8° fat, raw 2.90 0.00 1054 Careals ready-to-ear, POST SELECTS Maple Pecan Crunch 2.90 0.00 1054 Pork, fresh, frosh	21506	BURGER KING, Double Cheeseburger	2.92	0.09
05736 Turkey, retail parts, drumstick, meat and skin, raw 2.92 0.08 05795 Frankfurter, beef, pork, and turkey, fat free 2.92 0.12 07954 Beef sausage, pre-cooked 2.92 0.07 10863 Pork, fresh, varity meats and by-products, stomuch, cooked, simmered 2.92 0.13 05044 Chicken, broilers or fyers, dark meat, meat only, cooked, fried 2.91 0.09 10947 Pork, fresh, bion, center ib (rossis), bone in, separable lean and fat, cooked, onsted 2.91 0.08 10959 Pork, cured, him, rump, bone-in, separable lean and fat, rosted 2.91 0.08 10959 Pork, cured, him, rump, bone-in, separable lean and fat, rosted 2.91 0.08 10954 Lamb, New Zealand, imported, square-cur shoulder, separable lean and fat, raw 2.91 0.08 17264 Lamb, New Zealand, imported, froen, shoulder, whole (arm and blade), separable lean and fat, traw 2.91 0.08 17264 Lamb, New Zealand, imported, square-cur shoulder, separable lean and fat, raw 2.91 0.08 17264 Lamb, New Zealand, imported, morter strains, raw 2.92 0.08 10034	23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	2.92	0.07
0908 Frankfurter, beef, pork, and turkey, fat free 2.92 0.12 0794 Beef sussage, pre-cooked 2.92 0.07 1883 Pork, fresh, variety meats and by-products, stomach, cooked, simmered 2.92 0.13 19337 Game mean, fiscon, top round, separable lean only, I' steak, raw 2.92 0.13 19044 Chicken, broilers or fryers, dark meat, meat only, cooked, fried 2.91 0.08 10047 Pork, fresh, loin, center rib (rousts), bone-in, separable lean and fat, cooked, rousted 2.91 0.08 10929 Pork, certesh, loin, center rib (rousts), bone-in, separable lean and fat, row 2.91 0.08 1704 Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, ruw 2.91 0.08 1704 Lamb, New Zealand, imported, frozen, shoulder, separable lean and fat, trimmed to 1/8" fat, raw 2.91 0.08 1824 Lamb, New Zealand, imported, frozen, shoulder, separable lean and fat, trimmed to 1/8" fat, raw 2.91 0.08 1824 Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch 2.90 0.30 1870 Game mean, borse, raw 2.90 0.14 0806	01026	Cheese, mozzarella, whole milk	2.92	0.01
07954 Beef sausage, ppr-cooked 2.92 0.07 10863 Pork, fresh, variety meats and by-products, stomach, cooked, simmered 2.92 0.24 17337 Game meat, bison, top round, separable lean only, 1" steak, raw 2.92 0.13 16944 Chicken, broilers or fryers, dark meat, meat only, cooked, fried 2.91 0.08 10947 Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted 2.91 0.08 10959 Pork, cured, ham, rump, bone-in, separable lean and fat, raw 2.91 0.08 17084 Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw 2.91 0.08 17084 Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw 2.91 0.08 17084 Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw 2.91 0.09 05304 Turkey, mechanically deboned, from turkey frames, raw 2.90 0.09 0554 Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch 2.90 0.09 1093 Pork, fresh, composite of trimmed retail cutil (eg. loin, and shoulder)	05736	Turkey, retail parts, drumstick, meat and skin, raw	2.92	0.08
10863 Pork, fresh, variety meats and by-products, stomach, cooked, simmered 2.92 0.24 17337 Game meat, bison, top round, separable lean only, 1" steak, raw 2.92 0.13 05044 Chicken, broilers or fiyers, dark meat, meat only, cooked, fried 2.91 0.09 10047 Pork, fresh, ion, center rib (rousts), bone-in, separable lean and fat, cooked, roasted 2.91 0.08 10929 Pork, cured, ham, rump, bone-in, separable lean and fat, raw 2.91 0.08 17044 Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, trimmed to 1/8" fat, raw 2.91 0.08 3034 Turkey, mechanically deboned, from turkey frames, raw 2.90 0.09 08554 Cercals ready-to-eat, POST SELECTS Maple Pecan Crunch 2.90 0.08 1003 Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked 2.90 0.08 10717 Game meat, horse, raw 2.90 0.08 0500 Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour 2.80 0.38 05147 Cercals ready-to-eat, eat, ready-to-eat, eat, ready-to-eat, eat, ready-to-eat, eat, ready-to-eat, eat, ready-to-eat,	07905	Frankfurter, beef, pork, and turkey, fat free	2.92	0.12
17337 Game meat, bison, top round, separable lean only, 1" steak, raw 2.92 0.13 05044 Chicken, broiters of ftyers, dark meat, meat only, cooked, fried 2.91 0.09 10047 Pork, fresh, loin, center rib (rossts), bone-in, separable lean and fat, coated 2.91 0.08 10292 Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted 2.91 0.08 17264 Lamb, New Zealand, imported, frozen, shoulder, separable lean and fat, raw 2.91 0.08 0304 Turkey, mechanically deboned, from turkey frames, raw 2.90 0.09 08554 Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch 2.90 0.30 10903 Pork, fresh, composite of trimmed retail cuts (leg. Join, and shoulder), separable lean only, cooked 2.90 0.08 17170 Game meat, horse, raw 2.90 0.08 05000 Turkey, fryer-roasters, meat and skin, cooked, fried, flour 2.89 0.08 05147 Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit 2.89 0.33 08290 Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes 2.89 0.38 08252	07954	Beef sausage, pre-cooked	2.92	0.07
05044 Chicken, broilers or fryers, dark meat, meat only, cooked, fried 2.91 0.09 10047 Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted 2.91 0.08 10929 Pork, cured, ham, rump, bone-in, separable lean and fat, croasted 2.91 1.09 17084 Lamb, New Zealand, imported, supare-cut shoulder, separable lean and fat, raw 2.91 0.08 17264 Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw 2.91 0.09 05304 Turkey, mechanically deboned, from turkey frames, raw 2.90 0.09 0554 Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch 2.90 0.08 1003 Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked 2.90 0.08 17170 Game meat, horse, raw 2.90 0.08 05068 Chicken, broilers or fryers, durastick, meat and skin, cooked, fried, flour 2.89 0.18 08147 Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit 2.89 0.38 08250 Cereals ready-to-eat, QUAKER, MOTHERS Toasted Oat Bran cereal 2	10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	2.92	0.24
10047 Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted 2.91 0.08 10929 Pork, cured, ham, rump, bone-in, separable lean and fat, leated, roasted 2.91 0.08 17084 Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw 2.91 0.08 17264 Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw 2.91 0.08 08304 Turkey, mechanically deboned, from turkey frames, raw 2.90 0.09 08554 Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch 2.90 0.08 1093 Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked 2.90 0.08 17170 Game meat, horse, raw 2.90 0.08 05068 Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour 2.89 0.18 05140 Turkey, fryer-roasters, meat and skin, cooked, troasted 2.89 0.18 08147 Cereals ready-to-eat, HEALTH YALLEY, FIBER 7 Flakes 2.89 0.48 08252 Cereals ready-to-eat, Lean, MOTHER'S Toasted Oat Bran cereal 2.89	17337	Game meat, bison, top round, separable lean only, 1" steak, raw	2.92	0.13
10929 Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted 2.91 0.08 17084 Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw 2.91 0.08 17264 Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw 2.91 0.08 05304 Turkey, mechanically deboned, from turkey frames, raw 2.90 0.09 08554 Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch 2.90 0.08 08554 Cereals ready-to-eat, POST Sell-cort Maple Pecan Crunch 2.90 0.08 10093 Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked 2.90 0.08 17170 Game meat, horse, raw 2.90 0.08 05200 Turkey, fryer-roasters, meat and skin, cooked, fried, flour 2.89 0.08 05200 Turkey, fryer-roasters, meat and skin, cooked, roasted 2.89 0.15 08147 Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit 2.89 0.38 08290 Cereals ready-to-eat, POST, Roasted Oat Bran cereal 2.89 0.7 <td< td=""><td>05044</td><td>Chicken, broilers or fryers, dark meat, meat only, cooked, fried</td><td>2.91</td><td>0.09</td></td<>	05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	2.91	0.09
17084 Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw 2.91 0.08 17264 Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw 2.91 0.08 05304 Turkey, mechanically deboned, from turkey frames, raw 2.90 0.09 08554 Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch 2.90 0.08 1003 Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked 2.90 0.08 17170 Game meat, horse, raw 2.90 0.14 05068 Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour 2.89 0.08 05070 Turkey, fryer-roasters, meat and skin, cooked, roasted 2.89 0.15 08147 Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit 2.89 0.38 08290 Cereals ready-to-eat, ELALTH VALLEY, FIBER 7 Flakes 2.89 0.07 08352 Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal 2.89 0.07 17033 Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted 2.89	10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	2.91	0.08
17264 Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw 2.91 0.08 05304 Turkey, mechanically deboned, from turkey frames, raw 2.90 0.09 08554 Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch 2.90 0.30 10093 Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked 2.90 0.14 05068 Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour 2.89 0.08 05200 Turkey, fryer-roasters, meat and skin, cooked, roasted 2.89 0.15 08147 Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit 2.89 0.38 08290 Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes 2.89 0.48 08352 Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal 2.89 0.07 17033 Lamb, New Zealand, imported, chump, boneless, eparable lean only, cooked, fast roasted 2.89 0.12 17363 Lamb, New Zealand, imported, chump, boneless, separable lean only, raw 2.89 0.14 43327 Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% f	10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	2.91	1.09
05304 Turkey, mechanically deboned, from turkey frames, raw 2.90 0.09 08554 Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch 2.90 0.30 10093 Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked 2.90 0.08 17170 Game meat, horse, raw 2.90 0.14 05068 Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour 2.89 0.08 05200 Turkey, fryer-roasters, meat and skin, cooked, roasted 2.89 0.15 08147 Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit 2.89 0.38 08290 Cereals ready-to-eat, MEALTH VALLEY, FIBER 7 Flakes 2.89 0.48 08352 Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal 2.89 0.07 10221 Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled 2.89 0.12 17833 Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw 2.89 0.14 43327 Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted 2.88 0.08 01019	17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	2.91	0.08
08554 Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch 2.90 0.30 10093 Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked 2.90 0.08 17170 Game meat, horse, raw 2.90 0.14 05068 Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour 2.89 0.08 05200 Turkey, fryer-roasters, meat and skin, cooked, roasted 2.89 0.15 08147 Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit 2.89 0.38 08290 Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes 2.89 0.48 08352 Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal 2.89 0.07 10221 Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled 2.89 0.07 17083 Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw 2.89 0.14 43327 Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted 2.88 0.08 08191 Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size 2.88 0.08	17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	2.91	0.08
10093 Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked 2.90 0.08 17170 Game meat, horse, raw 2.90 0.14 05068 Chicken, broilers or firyers, drumstick, meat and skin, cooked, fried, flour 2.89 0.08 05200 Turkey, fryer-roasters, meat and skin, cooked, roasted 2.89 0.15 08147 Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit 2.89 0.38 08290 Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes 2.89 0.48 08352 Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal 2.89 0.07 10221 Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled 2.89 0.07 17083 Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted 2.89 0.12 17363 Lamb, New Zealand, imported, chump, boneless, separable lean only, raw 2.89 0.14 43327 Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted 2.88 0.08 08191 Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size 2.88 0	05304	Turkey, mechanically deboned, from turkey frames, raw	2.90	0.09
17170 Game meat, horse, raw 2.90 0.14 05068 Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour 2.89 0.08 05200 Turkey, fryer-roasters, meat and skin, cooked, roasted 2.89 0.15 08147 Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit 2.89 0.38 08290 Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes 2.89 0.48 08352 Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal 2.89 0.07 17083 Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted 2.89 0.12 17363 Lamb, New Zealand, imported, chump, boneless, separable lean only, raw 2.89 0.14 43327 Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted 2.88 0.08 01019 Cheese, feta 2.88 0.03 08191 Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size 2.88 0.07 10134 Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted 2.88 0.08 10178 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried 2.88	08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	2.90	0.30
05068 Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour 2.89 0.08 05200 Turkey, fryer-roasters, meat and skin, cooked, roasted 2.89 0.15 08147 Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit 2.89 0.38 08290 Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes 2.89 0.48 08352 Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal 2.89 0.07 10221 Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled 2.89 0.07 17083 Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted 2.89 0.12 17363 Lamb, New Zealand, imported, chump, boneless, separable lean only, raw 2.89 0.14 43327 Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted 2.88 0.08 01019 Cheese, feta 2.88 0.03 08191 Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size 2.88 0.17 10134 Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted 2.88 0.08	10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	2.90	0.08
05200 Turkey, fryer-roasters, meat and skin, cooked, roasted 2.89 0.15 08147 Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit 2.89 0.38 08290 Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes 2.89 0.48 08352 Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal 2.89 10221 Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled 2.89 0.07 17083 Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted 2.89 0.12 17363 Lamb, New Zealand, imported, chump, boneless, separable lean only, raw 2.89 0.14 43327 Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted 2.88 0.08 01019 Cheese, feta 2.88 0.03 08191 Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size 2.88 0.17 10134 Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted 2.88 0.08 10178 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried 2.88 0.10	17170	Game meat, horse, raw	2.90	0.14
08147Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit2.890.3808290Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes2.890.4808352Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal2.8910221Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled2.890.0717083Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted2.890.1217363Lamb, New Zealand, imported, chump, boneless, separable lean only, raw2.890.1443327Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted2.880.0801019Cheese, feta2.880.0308191Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size2.880.1710134Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted2.880.0810178Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried2.880.10	05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	2.89	0.08
08290Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes2.890.4808352Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal2.8910221Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled2.890.0717083Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted2.890.1217363Lamb, New Zealand, imported, chump, boneless, separable lean only, raw2.890.1443327Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted2.880.0801019Cheese, feta2.880.0308191Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size2.880.1710134Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted2.880.0810178Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried2.880.10	05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	2.89	0.15
Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal 2.89 10221 Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled 2.89 0.07 17083 Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted 2.89 0.12 17363 Lamb, New Zealand, imported, chump, boneless, separable lean only, raw 2.89 0.14 43327 Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted 2.88 0.08 01019 Cheese, feta 2.88 0.03 08191 Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size 2.88 0.17 10134 Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted 2.88 0.08 01078 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	2.89	0.38
Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted Lamb, New Zealand, imported, chump, boneless, separable lean only, raw Lamb, New Zealand, imported, chump, boneless, separable lean only, raw Lamb, New Zealand, imported, chump, boneless, separable lean only, raw 2.89 0.14 43327 Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted 2.88 0.08 0.19 Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size 2.88 0.17 10134 Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted 2.88 0.08 0.10 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried 2.88 0.10	08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	2.89	0.48
Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted Lamb, New Zealand, imported, chump, boneless, separable lean only, raw 2.89 0.14 43327 Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted 2.88 0.08 01019 Cheese, feta 2.88 0.03 08191 Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size 2.88 0.17 10134 Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted 2.88 0.08 0.10	08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	2.89	
17363Lamb, New Zealand, imported, chump, boneless, separable lean only, raw2.890.1443327Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted2.880.0801019Cheese, feta2.880.0308191Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size2.880.1710134Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted2.880.0810178Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried2.880.10	10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	2.89	0.07
Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted Cheese, feta Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size 2.88 0.03 Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted 2.88 0.08 10178 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried 2.88 0.10	17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	2.89	0.12
01019Cheese, feta2.880.0308191Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size2.880.1710134Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted2.880.0810178Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried2.880.10	17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	2.89	0.14
Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size 2.88 0.17 Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted 2.88 0.08 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried 2.88 0.10	43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	2.88	0.08
Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted 2.88 0.08 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried 2.88 0.10	01019	Cheese, feta	2.88	0.03
Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried 2.88 0.10	08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	2.88	0.17
	10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	2.88	0.08
Egg, yolk, raw, frozen, salted, pasteurized 2.87 0.12	10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	2.88	0.10
	01160	Egg, yolk, raw, frozen, salted, pasteurized	2.87	0.12

10229 Pork, fronk, composite of trianmed retail cuts (tolin and shoulder black), segmenthe learn and fin, heated, pun-broil 2.87 0.05 10257 Pork, cuted, hums with natural juices, like; bone-in, segmenthe learn and fin, heated, pun-broil 2.87 0.42 13329 Beeft, vuiciery means and byspenducts, nongen, conded, dimmered 2.87 0.05 13329 Beeft, vuiciery means and byspenducts, nongen, conded, dimmered 2.87 0.07 171210 Veal, leg (torp mund), septrable learn and fit, tritmed to 18° far, chivier, ruse 2.87 0.07 171210 Lamb, domestic, rib, separable learn and fat, tritmed to 18° far, chivier, ruse 2.87 0.02 2001 Amenable grain, uncocked 2.87 0.02 21110 Peat frieds, hardward grain, uncocked 2.89 0.08 2021 Russ, granula fast, five, centally, mined to 18° far, chivier, ruse 2.89 0.02 2031 Stacks, granula fast, ASMI TLC Bare, centally, mined fast, cocked, fast fried 2.89 0.02 2032 Pork, Leg silionity prast, boardess, segmenthe learn and fat, cocked, fast fried 2.89 0.04 2034 Past, board, board, boardes, prast, prast, prast, prast, prast, prast, pras	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
1987 Pork, curred, lum, silvae, hume in, separable lean and fat, beated, pur-barid 2.87 0.42 19322 Beef, variety meets and bys-products, context cooked, simmered 2.87 0.05 19391 Week, variety meets and bys-products, pour cooked, pund fixed, breaded 2.87 0.07 19401 Veal, leg top roundly, separable lean and fat, trimmed to 18" fat, choice, raw 2.87 0.09 19001 Armanult grain, merinked 2.87 0.09 20101 Armanult grain, merinked 2.87 0.09 20101 Past foods, humburger, double, cegular, party, plain 2.87 0.09 2041 Sancks, grantol bar, KSMITLUE last, remote, mixed flavors 2.86 0.08 08319 Chicken, broiler, roticseice, BBQ, durastick, meat only 2.86 0.09 19062 Pork, Leg stified in proat, broedest, separable lean and fat, croked, fast fred 2.86 0.09 19055 Pate, invite in proat, broedest, separable lean and fat, croked, fast fred 2.85 0.00 19064 Pate, farer, not specified, canned 2.85 0.01 19075 Pate, furthit binor 2.85 0.01	10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	2.87	0.05
13322 Beef, variety meats and by-products, forgor, raw 2.87 0.56 13339 Beef, variety meats and by-products, forgor, raw 2.87 0.07 17101 Veral, beg trup readily separable lean on grant and the condition of the products, particulated 2.87 0.09 17239 Lamb, domestic, rib, separable lean and fat, trimmed in 1/8" fat, choice, raw 2.87 0.09 2000 Ammanfu grain, uncooked 2.87 0.09 25041 Smocks, grande bar, &ASSHI TLC Bar, cruchty, mixed flavors 2.86 0.08 25191 Chicken, broiler, orbiser, egular, party; plain 2.86 0.08 0519 Chicken, broiler, orbiser, blog, drumstick, meat only 2.86 0.08 0519 Chicken, broiler, orbiserie, BBO, drumstick, meat only 2.86 0.02 0506 Part, Eeg sirion in proast, bordens, separable lean and fat, cooked, braided 2.86 0.02 0705 Part, Eeg sirion in proast, bordens, separable lean and fat, cooked, braided 2.85 0.02 0705 Part, Eeg sirion in proast, broile, limit and fat, cooked, braided and fat, cooked	10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	2.87	0.12
13339 Becf. variety meats and by-products, tongue, raw 2.87 0.17 17101 Veal, leg ton round,, separable lean and far, choised, para-fried, breaded 2.87 0.07 17239 Lanh, donestic, risk, separable lean and far, trimmed to 18" far, choise, raw 2.87 0.09 2001 Amaranth gmin, uncooked 2.87 0.09 21110 Fast foods, humburger, dusbne, regular, pay; plain 2.87 0.09 25411 Stocks, granuble kan, KSUI LLC Bar, crustly, mixed fibrors 2.86 0.09 2541 Stocks, granuble kan, KSUI LLC Bar, crustly, mixed fibrors 2.86 0.09 2541 Stocks, granuble kan, imported, loin dop, separable lean and fat, cooked, braised 2.86 0.07 1706 Lash. New Zealani, imported, loin dop, separable lean and fat, cooked, fast fried 2.8 0.04 27085 Paiz, triver, not specified, camed 2.85 0.40 2740 Paix, trivifie flavor 2.8 0.01 18334 Beef, careal, commel beef, brisket, raw 2.8 0.01 16088 Hyacinth beans, mature seeds, cooked, britied, without sult 2.8 0.2	10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	2.87	0.42
1710 Veal, leg top roundi, separable lean only, cooked, pan-fried, breaded 2.87 0.07 17239 Lamb, domestic, rib, separable lean and fat, trimmed to 18° fat, choice, raw 2.87 0.09 2.87 0.09 2.81 0.02 2.81 0.02 2.81 0.02 2.81 0.02 2.81 0.00 2.84 0.00 0.	13322	Beef, variety meats and by-products, heart, cooked, simmered	2.87	0.56
1729 Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw 2.87 0.09 20001 Amarunity grain, uncooked 2.87 0.09 21110 Fast foods, Isanabager, double, regular, patty, plain 2.87 0.09 25041 Snacks, granola barr, KASHI TLC Bar, crunchy, mixed flavors 2.86 0.68 05319 Chicken, brobler, rotisseric, BBQ, drumstick, met only 2.86 0.09 19962 Pork, Leg sition tip rosat, broades, separable lean and fat, cooked, fast fried 2.86 0.07 1746 Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried 2.85 0.40 07055 Pale, liver, not specified, camed 2.85 0.40 07041 Pate, mrlfic flavor 2.85 0.40 13346 Beef, cured, coned beef, brisker, raw 2.85 0.41 16588 Hyacinth beans, mature seeds, cooked, boiled, without sait 2.85 0.34 1658 Hyacinth beans, mature seeds, cooked, simenced 2.84 0.10 17214 Lamb, variety meats and by-products, sidneys, cooked, simmered 2.81 0.11	13339	Beef, variety meats and by-products, tongue, raw	2.87	0.17
20001 Amarunth grain, uncooked 2.87 0.52 21110 Fast foods, hamburger, double, regalar, paty; plain 2.87 0.09 2544 Stacks, granola bar, KASHI TLC Bar, crutchy, mixed flavors 2.86 0.68 05319 Chicken, broiler, rotiserie, BBQ, drumstick, meat only 2.86 0.09 19062 Pork, Leg stricin itp treast, boncless, separable lean and flat, cooked, fraisfed 2.86 0.017 17406 Lamb, New Zealand, imported, loin chop, separable lean and flat, cooked, fraisfed 2.86 0.02 07942 Pate, liver, not specified, canned 2.85 0.40 07942 Pate, liver, not specified, canned 2.85 0.40 18366 Beef, cured, corned beef, brisker, raw 2.85 0.40 18068 Hyacinth beam, mature seeds, cooked, briled, with salt 2.85 0.34 16068 Hyacinth beam, mature seeds, cooked, briled, with salt 2.81 0.10 18079 USDA Commedity, pork, sussage, bulkfinisk-yicaties, frozen, cooked 2.81 0.56 17214 Lamb, variety meats and by-products, kishneys, cooked, simmered 2.81 0.11	17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	2.87	0.07
21110 Fast foods, hamburger, double, regular, patty; plain 2.87 0.09 25041 Snacks, ganola bar, KASHI TLC Bar, crunchy, mixed flavors 2.86 0.68 05319 Chicken, broller, rotilescrici IsBQ, durnatick, meat only 2.86 0.09 16962 Pork, Leg stirloi fip roats, boneless, separable lean and fat, cooked, braised 2.86 0.07 1746 Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried 2.85 0.40 07055 Pace, liver, not specified, canned 2.85 0.40 07942 Pate, turiffe flavor 2.85 0.40 13346 Beef, cured, corned beef, brisker, raw 2.85 0.11 16088 Hyacinth beans, mature seeds, cooked, boiled, without salt 2.85 0.34 16389 Hyacinth beans, mature seeds, cooked, boiled, without salt 2.85 0.34 16394 Hyacinth beans, mature seeds, cooked, boiled, without salt 2.85 0.34 16395 Beel, variety meats and by-products, kidneys, cooked, simmered 2.84 0.56 17214 Lamb, variety meats and by-products, kidneys, cooked, simmered 2.83 <	17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	2.87	0.09
25041 Snacks, granola bar, KASHITLC Bar, crunchy, mixed flavors 2.86 0.68 05319 Chicken, broiler, rotisserie, BRQ, drumstick, meat only 2.66 0.09 1962 Pork, Leg sirbini tip roust, boneless, separable lean and fat, cooked, braised 2.86 0.07 1746 Lamb, New Zealand, imported, bird, chop, separable lean and fat, cooked, fast fried 2.85 0.40 07942 Pate, liver, not specified, canned 2.85 0.40 07942 Pate, liver, not specified, canned 2.85 0.40 07942 Pate, cureft, corned beef, brisket, raw 2.85 0.41 1608 Hyacinth beans, mature seeds, cooked, boiled, without salt 2.85 0.34 1638 Hyacinth beams, mature seeds, cooked, boiled, with salt 2.85 0.34 1638 Hyacinth beams, mature seeds, cooked, boiled, with salt 2.85 0.34 1639 Hyacinth beams, mature seeds, cooked, boiled, with salt 2.85 0.34 1630 Hyacinth beams, mature seeds, cooked, boiled, with salt 2.85 0.34 1630 Hyacinth beams, mature seeds, cooked, boiled, with salt 2.81 0.16 <td>20001</td> <td>Amaranth grain, uncooked</td> <td>2.87</td> <td>0.52</td>	20001	Amaranth grain, uncooked	2.87	0.52
0519 Chicken broiler, rotisserie, BBQ, drunstick, meat only 2.86 0.09 10962 Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised 2.86 0.07 17406 Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried 2.85 0.01 07952 Pate, liver, not specified, canned 2.85 0.40 07942 Pate, truffle flavor 2.85 0.40 13346 Beef, cured, corned beef, brisket, raw 2.85 0.11 16068 Hyacinth beans, mature seeds, cooked, boiled, without salt 2.85 0.34 16368 Hyacinth beans, mature seeds, cooked, boiled, with salt 2.85 0.34 07901 USDA Commodity, pork, sausage, bulk/links/paties, frozen, cooked 2.84 0.10 13324 Beef, variety meats and by-products, kidneys, cooked, simmered 2.84 0.56 17214 Lamb, variety meats and by-products, spleen, raw 2.83 0.11 10203 Pork, fresh, bioin, center rib (roasts), boneless, separable lean and fat, cooked, pan-fried 2.83 0.01 10934 Pork, fresh, shoulder, (Boston but), blade (steaks), separable lean	21110	Fast foods, hamburger; double, regular, patty; plain	2.87	0.09
10962 Pork, Leg sirloin tip roast, homeless, separable lean and fat, cooked, braised 2.86 0.07 17406 Lamb, New Zealand, imported, bin chop, separable lean and fat, cooked, fast fried 2.86 0.12 07055 Pate, iturer, not specified, canned 2.85 0.40 07942 Pate, truffle flavor 2.85 0.40 13346 Beef, cured, corned beef, brisker, raw 2.85 0.34 16068 Hyacinth beans, mature seeds, cooked, boiled, without salt 2.85 0.34 16368 Hyacinth beans, mature seeds, cooked, boiled, with salt 2.85 0.34 16368 Hyacinth beans, mature seeds, cooked, boiled, with salt 2.85 0.34 16368 Hyacinth beans, mature seeds, cooked, boiled, with salt 2.85 0.34 16368 Hyacinth beans, mature seeds, cooked, boiled, with salt 2.85 0.34 16369 Usback forest, sale, boiled, possible, sale, s	25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	2.86	0.68
17406 Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried 2.86 0.12 07055 Pate, iturifie flavor 2.85 0.40 07942 Pate, truffle flavor 2.85 0.40 13346 Beef, cured, corned beef, brisket, raw 2.85 0.11 16068 Hyacinth beam, mature seeds, cooked, boiled, without salt 2.85 0.34 16368 Hyacinth beams, mature seeds, cooked, boiled, with salt 2.84 0.10 07901 USDA Commodity, pork, sawage, bulk/inks/patties, frozen, cooked 2.84 0.10 13324 Beef, variety meats and by-products, kidneys, cooked, simmered 2.84 0.16 13324 Lamb, variety meats and by-products, spleen, raw 2.84 0.12 10180 Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried 2.83 0.01 10203 Pork, fresh, loin, center rib (roasts), boneless, separable lean andly fat, with added solution, raw 2.83 0.01 10953 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, trimmed to 1/8" fat, raw 2.83 0.04 16071 Lima beans, lar	05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	2.86	0.09
07055 Pate, liver, not specified, canned 2.85 0.40 07942 Pate, truffle flavor 2.85 0.40 13346 Beef, cured, corned beef, brisket, raw 2.85 0.11 16068 Hyacinth beans, mature seeds, cooked, boiled, without salt 2.85 0.34 16368 Hyacinth beans, mature seeds, cooked, boiled, with salt 2.85 0.34 07901 USDA Commodity, pork, susage, bulk/links/paties, frozen, cooked 2.84 0.10 13324 Beef, variety meats and by-products, skidneys, cooked, simmered 2.84 0.15 17214 Lamb, variety meats and by-products, spleen, raw 2.83 0.11 1080 Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried 2.83 0.01 1093 Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, with added solution, raw 2.83 0.01 1094 Beans, yellow, mature seeds, raw 2.83 0.74 16047 Beans, yellow, mature seeds, raw 2.83 0.74 17454 Lamb, Australian, imported, fresh, leg, bottom, boncless, separable lean and fat, trimmed to 1.8" fat, raw 2.8	10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	2.86	0.07
07942 Pate, truffle flavor 2.85 0.40 13346 Beef, cured, corned beef, brisket, raw 2.85 0.11 16068 Hyacinth beans, mature seeds, cooked, boiled, without salt 2.85 0.34 16368 Hyacinth beans, mature seeds, cooked, boiled, with salt 2.85 0.34 07901 USDA Commodity, pork, sausage, bulk/Inks/paties, frozen, cooked 2.84 0.10 13324 Beef, variety meats and by-products, kidneys, cooked, simmered 2.84 0.12 17214 Lamb, variety meats and by-products, spleen, raw 2.84 0.12 10180 Pork, fresh, loin, center rib (robops), bone-in, separable lean and fat, cooked, pan-fried 2.83 0.11 10203 Pork, fresh, boilder, (Boston buil), blade (steaks), separable lean and fat, with added solution, raw 2.83 0.12 16047 Beans, yellow, mature seeds, raw 2.83 0.04 16047 Lamb, Australian, imported, fresh, lego, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw 2.83 0.10 12152 BURGER KING, WHOPPER, no cheese 2.83 0.08 10881 Pork, cured, ham and water product, shank, bone	17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	2.86	0.12
13346 Beef, cured, comed beef, brisket, raw 2.85 0.11 16068 Hyacinth beans, mature seeds, cooked, boiled, without salt 2.85 0.34 16368 Hyacinth beans, mature seeds, cooked, boiled, with salt 2.85 0.34 07901 USDA Commodity, pork, sausage, bulk/link/spatities, frozen, cooked 2.84 0.10 1324 Beef, variety meats and by-products, kidneys, cooked, simmered 2.84 0.12 17214 Lamb, variety meats and by-products, spleen, raw 2.84 0.12 1080 Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried 2.83 0.01 1093 Pork, fresh, bolin, center rib (roasts), boneless, separable lean and fat, with added solution, raw 2.83 0.01 1094 Beans, yellow, mature seeds, raw 2.83 0.04 16071 Lima beans, large, mature seeds, raw 2.83 0.04 17454 Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw 2.83 0.01 1252 BURGER KING, WHOPPER, no cheese 2.83 0.01 1094 Pork, cured, ham and water product, sha	07055	Pate, liver, not specified, canned	2.85	0.40
16068 Hyacinth beans, mature seeds, cooked, boiled, without salt 2.85 0.34 16368 Hyacinth beans, mature seeds, cooked, boiled, with salt 2.85 0.34 07901 USDA Commodity, pork, sausage, bulk/link/pattics, frozen, cooked 2.84 0.10 13324 Beef, variety meats and by-products, kidneys, cooked, simmered 2.84 0.12 17214 Lamb, variety meats and by-products, spleen, raw 2.84 0.12 10180 Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried 2.83 0.11 10203 Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted 2.83 0.01 10953 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw 2.83 0.12 16071 Lima beans, large, mature seeds, raw 2.83 0.74 16074 Beans, yellow, mature seeds, raw 2.83 0.10 21252 BURGER KING, WHOPPER, no cheese 2.83 0.01 21252 BURGER KING, WHOPPER, no cheese 2.83 0.08 10881 Pork, cured, ham with natural juices, shank, bone-in, sepa	07942	Pate, truffle flavor	2.85	0.40
16368 Hyacinth beans, mature seeds, cooked, boiled, with salt 2.85 0.34 07901 USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked 2.84 0.10 13324 Beef, variety meats and by-products, kidneys, cooked, simmered 2.84 0.56 17214 Lamb, variety meats and by-products, spleen, raw 2.84 0.12 10180 Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried 2.83 0.01 10203 Pork, fresh, bioli, center rib (robasts), boneless, separable lean only, cooked, roasted 2.83 0.01 10953 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw 2.83 0.12 16047 Beans, yellow, mature seeds, raw 2.83 0.64 16071 Lima beans, large, mature seeds, raw 2.83 0.74 17454 Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw 2.83 0.01 21252 BURGER KING, WHOPPER, no cheese 2.83 0.08 10841 Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted 2.82 0.19	13346	Beef, cured, corned beef, brisket, raw	2.85	0.11
07901 USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked 2.84 0.10 13324 Beef, variety meats and by-products, kidneys, cooked, simmered 2.84 0.55 17214 Lamb, variety meats and by-products, spleen, raw 2.83 0.12 10180 Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, pan-fried 2.83 0.01 10203 Pork, fresh, shoulder, (Boston but), blade (steaks), separable lean and fat, with added solution, raw 2.83 0.12 10407 Beans, yellow, mature seeds, raw 2.83 0.64 16071 Lima beans, large, mature seeds, raw 2.83 0.74 17454 Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw 2.83 0.01 21252 BURGER KING, WHOPPER, no cheese 2.83 0.01 21398 Fast foods, cheeseburger; single, large patty; with condiments 2.83 0.01 10881 Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted 2.82 0.19 10924 Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted 2.81 0.02 07014 Braunschweiger (a liver s	16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	2.85	0.34
13324 Beef, variety meats and by-products, kidneys, cooked, simmered 2.84 0.56 17214 Lamb, variety meats and by-products, spleen, raw 2.84 0.12 10180 Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried 2.83 0.11 10203 Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted 2.83 0.01 10953 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw 2.83 0.12 16047 Beans, yellow, mature seeds, raw 2.83 0.64 16071 Lima beans, large, mature seeds, raw 2.83 0.74 17454 Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw 2.83 0.01 21252 BURGER KING, WHOPPER, no cheese 2.83 0.01 21398 Fast foods, cheeseburger; single, large patty; with condiments 2.83 0.08 10881 Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted 2.82 0.19 10924 Pork, cured, ham with natural juices, shank, bone-in, separable lean only, raw 2.81	16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	2.85	0.34
17214 Lamb, variety meats and by-products, spleen, raw 2.84 0.12 10180 Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried 2.83 0.11 10203 Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted 2.83 0.01 10953 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw 2.83 0.12 16047 Beans, yellow, mature seeds, raw 2.83 0.64 16071 Lima beans, large, mature seeds, raw 2.83 0.04 1454 Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw 2.83 0.01 2152 BURGER KING, WHOPPER, no cheese 2.83 0.01 2138 Fast foods, cheeseburger; single, large patty; with condiments 2.83 0.08 10881 Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted 2.82 0.10 10924 Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted 2.81 0.03 07014 Braunschweiger (a liver sausage), pork 2.81 0.04 1041 Pork, cured, ham, center slice, cou	07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	2.84	0.10
10180 Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried 2.83 0.11 10203 Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted 2.83 0.01 10953 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw 2.83 0.12 16047 Beans, yellow, mature seeds, raw 2.83 0.64 16071 Lima beans, large, mature seeds, raw 2.83 0.74 17454 Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw 2.83 0.01 21252 BURGER KING, WHOPPER, no cheese 2.83 0.01 21398 Fast foods, cheeseburger; single, large patty; with condiments 2.83 0.08 10881 Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted 2.82 0.10 10924 Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted 2.81 0.03 07014 Braunschweiger (a liver sausage), pork 2.81 0.04 1041 Pork, cured, ham, center slice, country-style, separable lean only, raw 2.81<	13324	Beef, variety meats and by-products, kidneys, cooked, simmered	2.84	0.56
10203 Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted 2.83 0.01 10953 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw 2.83 0.12 16047 Beans, yellow, mature seeds, raw 2.83 0.64 16071 Lima beans, large, mature seeds, raw 2.83 0.74 17454 Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw 2.83 0.01 21252 BURGER KING, WHOPPER, no cheese 2.83 0.01 21398 Fast foods, cheeseburger; single, large patty; with condiments 2.83 0.08 1081 Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted 2.82 0.10 10924 Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted 2.82 0.19 01030 Cheese, muenster 2.81 0.03 07014 Braunschweiger (a liver sausage), pork 2.81 0.24 1041 Pork, cured, ham, center slice, country-style, separable lean only, raw 2.81 0.11 16045 Beans, small white, mature seeds, raw 2.81 0.64	17214	Lamb, variety meats and by-products, spleen, raw	2.84	0.12
10953 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw 2.83 0.12 16047 Beans, yellow, mature seeds, raw 2.83 0.64 16071 Lima beans, large, mature seeds, raw 2.83 0.74 17454 Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw 2.83 0.10 21252 BURGER KING, WHOPPER, no cheese 2.83 0.01 21398 Fast foods, cheeseburger; single, large patty; with condiments 2.83 0.08 1081 Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted 2.82 0.10 10924 Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted 2.82 0.19 01030 Cheese, muenster 2.81 0.03 07014 Braunschweiger (a liver sausage), pork 2.81 0.24 1041 Pork, cured, ham, center slice, country-style, separable lean only, raw 2.81 0.11 16045 Beans, small white, mature seeds, raw 2.81 0.64	10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	2.83	0.11
16047 Beans, yellow, mature seeds, raw 2.83 0.64 16071 Lima beans, large, mature seeds, raw 2.83 0.74 17454 Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw 2.83 0.10 21252 BURGER KING, WHOPPER, no cheese 2.83 0.01 21398 Fast foods, cheeseburger; single, large patty; with condiments 2.83 0.08 10881 Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted 2.82 0.10 10924 Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted 2.82 0.19 01030 Cheese, muenster 2.81 0.03 07014 Braunschweiger (a liver sausage), pork 2.81 0.24 10141 Pork, cured, ham, center slice, country-style, separable lean only, raw 2.81 0.11 16045 Beans, small white, mature seeds, raw 2.81 0.64	10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	2.83	0.01
16071 Lima beans, large, mature seeds, raw 2.83 0.74 17454 Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw 2.83 0.10 21252 BURGER KING, WHOPPER, no cheese 2.83 0.01 21398 Fast foods, cheeseburger; single, large patty; with condiments 2.83 0.08 10881 Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted 2.82 0.10 10924 Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted 2.82 0.19 01030 Cheese, muenster 2.81 0.03 07014 Braunschweiger (a liver sausage), pork 2.81 0.24 10141 Pork, cured, ham, center slice, country-style, separable lean only, raw 2.81 0.11 16045 Beans, small white, mature seeds, raw 2.81 0.64	10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw	2.83	0.12
17454Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw2.830.1021252BURGER KING, WHOPPER, no cheese2.830.0121398Fast foods, cheeseburger; single, large patty; with condiments2.830.0810881Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted2.820.1010924Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted2.820.1901030Cheese, muenster2.810.0307014Braunschweiger (a liver sausage), pork2.810.2410141Pork, cured, ham, center slice, country-style, separable lean only, raw2.810.1116045Beans, small white, mature seeds, raw2.810.64	16047	Beans, yellow, mature seeds, raw	2.83	0.64
BURGER KING, WHOPPER, no cheese 2.83 0.01 21398 Fast foods, cheeseburger; single, large patty; with condiments 2.83 0.08 10881 Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted 2.82 0.10 10924 Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted 2.82 0.19 01030 Cheese, muenster 2.81 0.03 07014 Braunschweiger (a liver sausage), pork 2.81 0.24 10141 Pork, cured, ham, center slice, country-style, separable lean only, raw 2.81 0.11 16045 Beans, small white, mature seeds, raw 2.83 0.00	16071	Lima beans, large, mature seeds, raw	2.83	0.74
Fast foods, cheeseburger; single, large patty; with condiments 10881 Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted 10924 Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted 10930 Cheese, muenster 1094 Braunschweiger (a liver sausage), pork 1095 Beans, small white, mature seeds, raw 1098 2.83 0.08 1098 2.82 0.19 1099 2.81 0.03 1090 2.81 0.03 1090 2.81 0.03 1090 2.81 0.11 1090 3.81 0.11 1090 3.81 0.11	17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	2.83	0.10
Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted Cheese, muenster Cheese, muenster Braunschweiger (a liver sausage), pork Pork, cured, ham, center slice, country-style, separable lean only, raw Pork, cured, ham, center slice, country-style, separable lean only, raw Beans, small white, mature seeds, raw 2.82 0.19 0.03 0.04 0.05 0.05 0.06 0.06 0.06 0.06	21252	BURGER KING, WHOPPER, no cheese	2.83	0.01
10924Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted2.820.1901030Cheese, muenster2.810.0307014Braunschweiger (a liver sausage), pork2.810.2410141Pork, cured, ham, center slice, country-style, separable lean only, raw2.810.1116045Beans, small white, mature seeds, raw2.810.64	21398	Fast foods, cheeseburger; single, large patty; with condiments	2.83	0.08
01030Cheese, muenster2.810.0307014Braunschweiger (a liver sausage), pork2.810.2410141Pork, cured, ham, center slice, country-style, separable lean only, raw2.810.1116045Beans, small white, mature seeds, raw2.810.64	10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	2.82	0.10
07014Braunschweiger (a liver sausage), pork2.810.2410141Pork, cured, ham, center slice, country-style, separable lean only, raw2.810.1116045Beans, small white, mature seeds, raw2.810.64	10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	2.82	0.19
10141 Pork, cured, ham, center slice, country-style, separable lean only, raw 2.81 0.11 16045 Beans, small white, mature seeds, raw 2.81 0.64	01030	Cheese, muenster	2.81	0.03
Beans, small white, mature seeds, raw 2.81 0.64	07014	Braunschweiger (a liver sausage), pork	2.81	0.24
	10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	2.81	0.11
16157 Chickpea flour (besan) 2.81 0.91	16045	Beans, small white, mature seeds, raw	2.81	0.64
	16157	Chickpea flour (besan)	2.81	0.91

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	2.81	0.18
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	2.81	0.10
42303	Cheese, muenster, low fat	2.81	0.03
25000	Snacks, popcorn, microwave, 94% fat free	2.80	0.26
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	2.80	0.08
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	2.80	0.10
10103	Pork, fresh, variety meats and by-products, heart, raw	2.80	0.41
13357	Beef, cured, sausage, cooked, smoked	2.80	0.07
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	2.80	0.08
15144	Crustaceans, crab, queen, raw	2.80	0.57
16150	Peanut butter, smooth, reduced fat	2.80	0.58
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	2.80	0.10
17156	Game meat, bison, separable lean only, raw	2.80	0.09
17172	Game meat, moose, raw	2.80	0.07
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	2.80	0.18
18226	Crackers, rye, wafers, plain	2.80	0.46
01010	Cheese, cheshire	2.79	0.04
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	2.79	0.09
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	2.79	
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	2.79	0.36
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	2.79	
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	2.79	0.12
13334	Beef, variety meats and by-products, spleen, cooked, braised	2.79	0.92
16027	Beans, kidney, all types, mature seeds, raw	2.79	0.96
16032	Beans, kidney, red, mature seeds, raw	2.79	0.70
16097	Peanut butter, chunk style, with salt	2.79	0.58
16397	Peanut butter, chunk style, without salt	2.79	0.58
21096	Fast foods, cheeseburger; single, large patty; plain	2.79	0.10
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	2.79	0.65
20071	Wheat, hard red spring	2.78	0.41
21337	McDONALD'S, Peanuts (for Sundaes)	2.78	0.41
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	2.78	0.05
42291	Peanut butter, reduced sodium	2.78	0.52
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	2.78	0.08
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	2.78	0.08
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	2.78	0.14

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	2.77	
10158	USDA Commodity, pork, canned	2.77	0.03
16090	Peanuts, all types, dry-roasted, with salt	2.77	0.43
16390	Peanuts, all types, dry-roasted, without salt	2.77	0.43
20004	Barley, hulled	2.77	0.50
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	2.77	0.08
21395	Fast foods, cheeseburger; double, regular patty; with condiments	2.77	0.08
20126	Spaghetti, spinach, dry	2.76	0.50
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	2.76	0.06
01028	Cheese, mozzarella, part skim milk	2.76	0.02
01210	Egg Mix, USDA Commodity	2.76	0.15
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	2.76	0.66
16101	Pigeon peas (red gram), mature seeds, raw	2.76	1.06
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	2.76	0.11
01033	Cheese, parmesan, hard	2.75	0.03
05668	Ground turkey, 85% lean, 15% fat, raw	2.75	0.12
10106	Pork, fresh, variety meats and by-products, kidneys, raw	2.75	0.62
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	2.75	0.07
17165	Game meat, deer, cooked, roasted	2.75	0.30
17371	Lamb, New Zealand, imported, ground lamb, raw	2.75	0.09
21092	Fast foods, cheeseburger; double, regular patty; plain	2.75	0.08
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	2.74	0.08
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	2.74	0.10
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	2.73	0.09
15159	Mollusks, clam, mixed species, cooked, moist heat	2.73	0.69
17137	Veal, sirloin, separable lean only, raw	2.73	0.12
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	2.73	0.07
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	2.73	0.07
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	2.73	0.47
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	2.72	0.05
05023	Chicken, gizzard, all classes, raw	2.72	0.12
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	2.72	0.10
10914	Pork, cured, ham water added, shank, bone-in, separable lean and fat, heated, roasted	2.72	0.16
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	2.72	0.10
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	2.72	0.12
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	2.71	0.09

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
03211	Babyfood, cereal, high protein, with apple and orange, dry	2.70	0.96
05158	Quail, meat only, raw	2.70	0.59
05159	Quail, breast, meat only, raw	2.70	0.43
05161	Squab, (pigeon), meat only, raw	2.70	0.59
05162	Squab, (pigeon), light meat without skin, raw	2.70	0.43
07091	New england brand sausage, pork, beef	2.70	0.10
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	2.70	0.35
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	2.70	
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	2.70	
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	2.70	0.30
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	2.70	
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	2.70	
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	2.70	
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	2.70	
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	2.70	
08708	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle, raisin	2.70	
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	2.70	0.08
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	2.70	0.17
21111	Fast foods, hamburger; double, regular patty; with condiments	2.70	0.09
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	2.70	0.12
21234	McDONALD'S, QUARTER POUNDER	2.69	0.11
02027	Spices, oregano, dried	2.69	0.63
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	2.69	0.12
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	2.69	0.11
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	2.69	0.14
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	2.69	0.17
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	2.68	0.08
05088	Chicken, broilers or fryers, neck, meat only, raw	2.68	0.11
05694	Turkey, dark meat from whole, meat only, with added solution, raw	2.68	0.11
05719	Turkey, back, from whole bird, meat only, with added solution, raw	2.68	0.11
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	2.68	0.11
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	2.68	0.11
07924	Bratwurst, pork, beef and turkey, lite, smoked	2.68	0.06
07928	Sausage, chicken, beef, pork, skinless, smoked	2.68	0.06
16080	Mung beans, mature seeds, raw	2.68	0.94
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	2.68	0.08

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
05027	Chicken, liver, all classes, raw	2.67	0.49
07072	Salami, dry or hard, pork, beef	2.67	0.10
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	2.67	0.12
15165	Mollusks, mussel, blue, cooked, moist heat	2.67	0.15
16167	USDA Commodity, Peanut Butter, smooth	2.67	0.57
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	2.67	0.10
19031	Snacks, oriental mix, rice-based	2.66	0.13
20070	Triticale flour, whole-grain	2.66	0.56
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	2.66	0.10
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	2.66	0.04
01004	Cheese, blue	2.66	0.04
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	2.66	0.08
08144	Cereals, whole wheat hot natural cereal, dry	2.66	0.46
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	2.66	0.08
11985	Fireweed, leaves, raw	2.66	0.32
16035	Beans, kidney, royal red, mature seeds, raw	2.66	1.00
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	2.66	0.11
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	2.66	0.64
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	2.65	0.08
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	2.65	0.07
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	2.65	
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	2.65	0.11
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	2.65	0.11
19903	Chocolate, dark, 60-69% cacao solids	2.65	1.25
20062	Rye grain	2.65	0.37
20072	Wheat, hard red winter	2.65	0.43
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	2.64	0.22
25062	Snack, Mixed Berry Bar	2.64	0.24
28345	Crackers, gluten-free, multi-seeded and multigrain	2.64	0.55
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	2.64	0.22
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	2.64	0.08
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	2.64	0.32
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	2.64	0.02
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	2.63	0.08
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	2.63	
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	2.63	0.12

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
17222	Veal, variety meats and by-products, tongue, raw	2.63	0.20
18235	Crackers, whole-wheat	2.63	0.42
20073	Wheat, soft red winter	2.63	0.45
20647	Millet flour	2.63	0.54
21235	McDONALD'S, QUARTER POUNDER with Cheese	2.63	0.10
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	2.63	0.12
05147	Goose, domesticated, meat and skin, cooked, roasted	2.62	0.26
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	2.62	
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	2.62	0.12
10115	Pork, fresh, variety meats and by-products, pancreas, raw	2.62	0.09
05712	Turkey, retail parts, wing, meat only, raw	2.61	0.05
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	2.61	0.87
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	2.61	0.11
18219	Crackers, matzo, whole-wheat	2.61	0.35
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	2.61	0.10
19126	Candies, milk chocolate coated peanuts	2.60	0.54
20080	Wheat flour, whole-grain	2.60	0.41
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	2.60	0.56
01005	Cheese, brick	2.60	0.02
01034	Cheese, port de salut	2.60	0.02
03011	Babyfood, meat, lamb, junior	2.60	0.06
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	2.60	0.62
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	2.60	0.09
05142	Duck, domesticated, meat only, cooked, roasted	2.60	0.23
05742	Turkey, retail parts, thigh, meat and skin, raw	2.60	0.08
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	2.60	0.34
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	2.60	0.20
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	2.60	
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	2.60	
12206	Nuts, almonds, honey roasted, unblanched	2.60	0.97
16074	Lima beans, thin seeded (baby), mature seeds, raw	2.60	0.66
17212	Veal, variety meats and by-products, pancreas, raw	2.60	0.06
01048	Cheese spread, pasteurized process, American	2.59	0.03
05187	Turkey from whole, dark meat, meat only, raw	2.59	0.09
05215	Turkey, back from whole bird, meat only, raw	2.59	0.09
05740	Turkey, thigh, from whole bird, meat only, raw	2.59	0.09

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	2.59	0.33
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	2.59	0.40
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	2.59	0.16
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	2.59	0.04
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	2.59	0.08
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	2.59	0.08
43278	Cheese, american cheddar, imitation	2.59	0.03
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	2.58	0.08
21344	McDONALD'S, Double Cheeseburger	2.58	0.08
01038	Cheese, romano	2.58	0.03
01228	Cheese, fresh, queso fresco	2.58	0.03
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	2.58	0.08
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	2.58	0.04
13331	Beef, variety meats and by-products, pancreas, raw	2.58	0.06
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	2.58	0.09
10153	Pork, cured, ham, whole, separable lean only, roasted	2.57	0.09
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	2.57	0.04
12175	Nuts, chestnuts, japanese, dried	2.57	1.31
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	2.56	0.07
07078	Thuringer, cervelat, summer sausage, beef, pork	2.56	0.15
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	2.56	
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	2.56	0.08
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	2.56	0.07
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	2.56	0.04
16112	Miso	2.56	0.42
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	2.56	0.13
16030	Beans, kidney, california red, mature seeds, raw	2.55	1.10
16040	Beans, pink, mature seeds, raw	2.55	0.81
17134	Veal, sirloin, separable lean and fat, raw	2.55	0.11
18227	Crackers, rye, wafers, seasoned	2.55	0.50
18295	Pancakes, buckwheat, dry mix, incomplete	2.55	0.42
43326	Pork, cured, ham, low sodium, lean and fat, cooked	2.55	0.13
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	2.54	0.06
07254	Turkey bacon, unprepared	2.54	0.07
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	2.54	
10117	Pork, fresh, variety meats and by-products, spleen, raw	2.54	0.13

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
10192	Pork, fresh, backribs, separable lean and fat, raw	2.54	0.09
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	2.54	0.04
17161	Game meat, buffalo, water, cooked, roasted	2.54	0.18
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	2.54	0.12
05665	Ground turkey, 93% lean, 7% fat, raw	2.53	0.11
07021	Dutch brand loaf, chicken, pork and beef	2.53	0.07
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	2.53	0.06
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	2.53	0.11
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	2.53	0.10
19414	Snacks, rice cakes, brown rice, multigrain	2.53	0.43
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	2.53	0.43
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	2.53	0.10
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	2.53	0.47
21107	Fast foods, hamburger; single, regular patty; plain	2.52	0.12
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	2.52	0.09
05354	USDA Commodity, turkey taco meat, frozen, cooked	2.52	0.03
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	2.52	0.08
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	2.52	0.12
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	2.52	0.12
05168	Turkey, whole, meat only, cooked, roasted	2.51	0.09
08122	Cereals, oats, instant, fortified, plain, dry	2.51	0.36
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	2.51	0.37
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	2.51	0.11
16098	Peanut butter, smooth style, with salt	2.51	0.42
16398	Peanut butter, smooth style, without salt	2.51	0.42
17142	Veal, ground, raw	2.51	0.09
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	2.51	0.10
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	2.51	0.08
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	2.51	0.10
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	2.51	0.10
19052	Snacks, rice cakes, brown rice, buckwheat	2.50	0.38
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	2.50	0.27
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	2.50	0.38
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	2.50	0.08
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	2.50	0.08
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	2.50	0.51

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	2.50	0.36
01190	KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product	2.50	
02019	Spices, fenugreek seed	2.50	1.11
03005	Babyfood, meat, veal, strained	2.50	0.15
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	2.50	0.11
05311	Chicken, canned, no broth	2.50	0.05
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	2.50	0.08
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	2.50	0.30
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	2.50	
10088	Pork, fresh, spareribs, separable lean and fat, raw	2.50	0.08
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	2.50	0.13
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	2.50	0.09
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	2.50	0.08
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	2.50	1.75
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	2.50	
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	2.50	0.13
01042	Cheese, pasteurized process, American, fortified with vitamin D	2.49	0.05
01192	KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product	2.49	
01253	Cheese, pasteurized process, American, without added vitamin D	2.49	0.05
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	2.49	0.08
21089	Fast foods, cheeseburger; single, regular patty; plain	2.49	0.11
02031	Spices, pepper, red or cayenne	2.48	0.37
05166	Turkey, whole, meat and skin, cooked, roasted	2.48	0.09
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	2.48	0.12
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	2.48	0.08
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	2.48	0.08
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	2.48	0.04
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	2.47	0.09
07004	Sausage, Berliner, pork, beef	2.47	0.08
07922	Bratwurst, beef and pork, smoked	2.47	0.08
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	2.47	0.14
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	2.47	0.14
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	2.46	0.08
43364	Snacks, tortilla chips, unsalted, white corn	2.46	0.52
01027	Cheese, mozzarella, whole milk, low moisture	2.46	0.02
07001	Barbecue loaf, pork, beef	2.46	0.07

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	2.46	0.07
16117	Soy flour, defatted	2.46	4.06
07064	Pork sausage, link/patty, cooked, pan-fried	2.45	0.07
07090	Luncheon sausage, pork and beef	2.45	0.08
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	2.45	0.08
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	2.45	0.08
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	2.45	0.07
12120	Nuts, hazelnuts or filberts	2.45	1.72
20090	Rice flour, brown	2.45	0.23
07057	Pepperoni, beef and pork, sliced	2.44	0.09
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	2.44	
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	2.44	0.08
15002	Fish, anchovy, european, canned in oil, drained solids	2.44	0.34
03010	Babyfood, meat, lamb, strained	2.43	0.15
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	2.43	0.07
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	2.43	0.15
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	2.43	0.07
05157	Quail, meat and skin, raw	2.42	0.51
07965	Pork sausage, link/patty, reduced fat, unprepared	2.42	0.09
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	2.42	0.12
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	2.42	0.11
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	2.42	0.77
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	2.42	0.08
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	2.42	0.14
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	2.42	0.14
19407	Snacks, beef sticks, smoked	2.42	0.13
20009	Buckwheat groats, roasted, dry	2.42	0.62
02066	Spearmint, dried	2.41	1.54
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	2.41	0.07
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	2.41	0.11
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	2.41	0.08
11634	Peppers, sweet, green, freeze-dried	2.41	1.39
11931	Peppers, sweet, red, freeze-dried	2.41	1.39
03017	Babyfood, meat, turkey sticks, junior	2.40	0.15
03185	Babyfood, cereal, mixed, dry fortified	2.40	0.33
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	2.40	0.11

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
17166	Game meat, elk, raw	2.40	0.12
20008	Buckwheat	2.40	1.10
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	2.40	0.43
21251	BURGER KING, Cheeseburger	2.40	0.11
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	2.39	0.11
07089	Sausage, Italian, pork, cooked	2.39	0.08
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	2.39	0.05
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	2.39	
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	2.39	0.07
13344	Beef, cured, breakfast strips, raw or unheated	2.39	0.06
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	2.39	0.08
18216	Crackers, crispbread, rye	2.39	0.26
01006	Cheese, brie	2.38	0.02
01007	Cheese, camembert	2.38	0.02
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	2.38	0.07
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	2.38	0.08
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	2.38	0.07
10898	Pork, pickled pork hocks	2.38	0.08
17181	Game meat, rabbit, wild, cooked, stewed	2.38	0.18
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	2.38	
21250	BURGER KING, Hamburger	2.38	0.12
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	2.38	0.10
02035	Spices, pumpkin pie spice	2.37	0.48
05284	Turkey, canned, meat only, with broth	2.37	0.07
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	2.37	0.09
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	2.37	0.18
01189	KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product	2.36	
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	2.36	0.03
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	2.36	0.10
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	2.36	0.07
08157	Cereals ready-to-eat, wheat, puffed, fortified	2.36	0.41
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	2.36	0.16
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	2.36	0.42
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	2.36	0.11
42258	Cheese product, pasteurized process, cheddar, reduced fat	2.36	0.03
05305	Ground turkey, raw	2.35	0.10

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	2.35	0.09
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	2.35	0.12
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	2.35	0.05
05148	Goose, domesticated, meat only, raw	2.34	0.31
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	2.34	0.05
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	2.34	0.39
12152	Nuts, pistachio nuts, dry roasted, without salt added	2.34	1.29
12652	Nuts, pistachio nuts, dry roasted, with salt added	2.34	1.29
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	2.34	0.10
17099	Veal, leg (top round), separable lean only, raw	2.34	0.11
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	2.34	0.10
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	2.33	0.08
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	2.33	0.07
17271	Veal, breast, whole, boneless, separable lean and fat, raw	2.33	0.09
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	2.33	0.09
02011	Spices, cloves, ground	2.32	0.37
05183	Turkey, dark meat, meat and skin, raw	2.32	0.08
07070	Salami, cooked, turkey	2.32	0.19
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Dueberry Clusters	2.32	0.42
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	2.32	0.06
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	2.32	0.09
10185	Pork, cured, ham, extra lean and regular, canned, roasted	2.32	0.08
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	2.32	0.07
17220	Lamb, variety meats and by-products, tongue, raw	2.32	0.21
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	2.32	0.13
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	2.32	0.10
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	2.32	0.20
36051	ON THE BORDER, cheese quesadilla	2.32	0.06
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	2.31	0.05
01046	Cheese food, pasteurized process, American, vitamin D fortified	2.31	0.03
01254	Cheese food, pasteurized process, American, without added vitamin D	2.31	0.03
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	2.31	0.15
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	2.31	0.11
10174	Pork, fresh, variety meats and by-products, tail, raw	2.31	0.08
16024	Beans, great northern, mature seeds, raw	2.31	0.84
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	2.31	0.09

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
01125	Egg, yolk, raw, fresh	2.30	0.08
02022	Spices, mace, ground	2.30	2.47
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	2.30	0.06
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	2.30	0.09
07008	Bologna, beef and pork	2.30	0.05
07041	Liver sausage, liverwurst, pork	2.30	0.24
07911	Liverwurst spread	2.30	0.24
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	2.30	
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	2.30	0.11
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	2.30	0.10
17094	Veal, leg (top round), separable lean and fat, raw	2.30	0.11
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	2.30	0.13
19120	Candies, milk chocolate	2.30	0.49
22126	LOMA LINDA Big Franks, canned, unprepared	2.30	
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	2.30	
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	2.30	0.40
19134	Candies, milk chocolate, with rice cereal	2.29	0.49
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	2.29	0.30
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	2.29	0.09
10868	Pork, cured, ham water added, slice, bone-in, separable lean only, heated, pan-broil	2.29	0.12
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	2.29	0.14
14035	Beverages, ABBOTT, EAS soy protein powder	2.29	1.00
05705	Turkey, whole, meat only, with added solution, roasted	2.28	0.09
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	2.28	0.05
16006	Beans, baked, canned, plain or vegetarian	2.28	0.14
16042	Beans, pinto, mature seeds, raw	2.28	0.89
17176	Game meat, opossum, cooked, roasted	2.28	0.19
03007	Babyfood, meat, pork, strained	2.27	0.07
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	2.27	0.08
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	2.27	0.08
17151	Game meat, beaver, cooked, roasted	2.27	0.19
17175	Game meat, muskrat, cooked, roasted	2.27	0.19
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	2.27	0.19
17182	Game meat, raccoon, cooked, roasted	2.27	0.19
21121	Fast foods, roast beef sandwich, plain	2.27	0.11
21527	ARBY'S, roast beef sandwich, classic	2.27	0.11

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	2.26	0.08
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	2.26	0.08
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	2.26	0.07
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	2.26	0.10
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	2.26	0.07
03008	Babyfood, meat, ham, strained	2.25	0.06
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	2.25	0.08
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	2.25	0.07
07016	Cheesefurter, cheese smokie, pork, beef	2.25	0.07
07033	Ham and cheese spread	2.25	0.09
07212	OSCAR MAYER, Ham (chopped with natural juice)	2.25	0.24
07917	Sausage, pork and beef, with cheddar cheese, smoked	2.25	0.07
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	2.25	0.07
07920	Swisswurst, pork and beef, with swiss cheese, smoked	2.25	0.07
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	2.25	0.14
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	2.25	0.09
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	2.25	0.11
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	2.25	0.11
05012	Chicken, broilers or fryers, meat only, cooked, fried	2.24	0.08
17194	Veal, variety meats and by-products, heart, cooked, braised	2.24	0.43
17195	Lamb, variety meats and by-products, kidneys, raw	2.24	0.45
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	2.24	0.10
20315	Corn flour, whole-grain, blue (harina de maiz morado)	2.24	0.15
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	2.24	0.09
36008	T.G.I. FRIDAY'S, fried mozzarella	2.24	0.07
36019	APPLEBEE'S, chili	2.23	0.09
36037	Restaurant, family style, chili with meat and beans	2.23	0.09
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	2.23	0.05
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	2.23	0.11
11972	Lemon grass (citronella), raw	2.23	0.27
03002	Babyfood, meat, beef, strained	2.22	0.15
03003	Babyfood, meat, beef, junior	2.22	0.15
07937	Bologna, pork, turkey and beef	2.22	0.09
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	2.22	0.08
19413	Snacks, rice cakes, brown rice, corn	2.22	0.42
20014	Corn grain, yellow	2.21	0.31

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
20314	Corn grain, white	2.21	0.31
21090	Fast foods, cheeseburger; single, regular patty, with condiments	2.21	0.10
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	2.21	0.34
07002	Beerwurst, beer salami, pork and beef	2.21	0.10
07931	Beerwurst, pork and beef	2.21	0.10
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	2.21	0.08
16106	Meat extender	2.21	0.30
05160	Squab, (pigeon), meat and skin, raw	2.20	0.44
05663	Ground turkey, fat free, pan-broiled crumbles	2.20	0.07
05707	Turkey, whole, meat and skin, with added solution, roasted	2.20	0.09
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	2.20	0.10
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	2.20	
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	2.20	0.06
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	2.20	0.11
10219	Pork, fresh, ground, raw	2.20	0.04
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	2.20	0.10
12121	Nuts, hazelnuts or filberts, blanched	2.20	1.60
12151	Nuts, pistachio nuts, raw	2.20	1.30
13338	Beef, variety meats and by-products, thymus, cooked, braised	2.20	0.04
16016	Beans, black turtle, mature seeds, raw	2.20	1.00
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	2.20	0.11
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	2.20	
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	2.20	0.70
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	2.20	0.39
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & D	2.20	0.40
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	2.20	0.32
05664	Ground turkey, fat free, patties, broiled	2.19	0.06
07241	OSCAR MAYER, Wieners (beef franks)	2.19	0.14
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	2.19	0.13
10915	Pork, cured, ham water added, slice, bone-in, separable lean and fat, heated, pan-broil	2.19	0.14
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	2.19	0.07
07062	Picnic loaf, pork, beef	2.18	0.07
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	2.18	
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	2.18	0.08
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	2.18	0.35
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	2.18	0.11

21.24 (2) WRDVPS, It Harburger, with cheese 2.18 (2) 0.13 (2) 1086 (2) Rate floats, cheese/burger single, large pathy; with condinents and vegetables 2.17 (2008) 0.00 (2008) 21.97 (2) Pana floats, cheese/burger single, large pathy; with condinents and vegetables 2.17 (2008) 0.00 (2008) 20.97 (2) Panafacter, low southurn 2.17 (2008) 0.00 (2008) 20.98 (2) Panafacter, low faces of years, large and skin, esoled, fired, butter 2.10 (2008) 0.00 (2008) 20.90 (2) Chicken, broilers or fiver, see, ment and skin and globits and sect, routed 2.16 (2008) 0.00 (2008) 20.90 (2) Patrant, turkey 2.16 (2008) 0.00 (2008) 20.90 (2) Patrant, turkey 2.16 (2008) 0.00 (2008) 20.90 (2) (2) (2) (2) (2) (2) (2) (2) (2) (2)	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
21088 Past fronts, cheeseburger; single, large puity; with condiments and vegetables 2.17 0.09 39307 Parakfrater, low sediam 2.17 0.08 09765 Chicken, revillers or Types, leg, meat and skin, croked, fried, batter 2.17 0.08 07945 Parakfrater, koef, heated 2.17 0.08 17420 Lamb, beve Zealand, imported, rack - fully frenched, separable lean and fat, raw 2.16 0.05 07032 Pastrani, turkey 2.16 0.05 10069 Pork, freak, loin, cup loin froses), homeless, separable lean only, condeal, masted 2.16 0.05 10070 Pork, freak, loin, cup loin froses), homeless, separable lean only, condeal, masted 2.16 0.05 10080 Pork, freak, loin, cup loin froses), homeless, separable lean only, condeal, masted 2.16 0.07 10090 Pork, freak, loin, cup lain party, condeal, except and party condeal, masted 2.16 0.07 10910 Pork, freak, loin, cup lain party, condeal, except and party, condeal, condeal, see, party lain party, condeal, condea	21242	WENDY'S, Jr. Hamburger, with cheese	2.18	0.11
43507 Irankfurter, low sodium 2.17 0.08 05076 Chicken, Forders or Iryees, leg, meat and skin, cooked, fried, batter 2.17 0.08 05076 Chicken, Forders or Iryees, leg, meat and skin and cooked, fried, batter 2.17 0.00 17420 Lamb, New Zealand, imported, rack - fully freeched, esparable lean and fit, raw 2.17 0.00 05064 Chicken, Forders or Iryees, meat and skin and gibles and neck, restared 2.16 0.00 10059 Ports, Friesh, boin, top four (roasts), boreless, separable lean only, cooked, musted 2.16 0.00 10020 Pork, fresh, boin, content rity (chops), boreless, separable lean only, cooked, musted 2.16 0.00 10020 Pork, fresh, boin, content rity (chops), boreless, separable lean only, cooked, musted 2.16 0.00 10020 Pork, fresh, boin, content rity (chops), boreless, separable lean only, cooked, husied 2.16 0.07 10020 Pork, fresh, boin, content rity (chops), boreless, separable lean only, cooked, husied 2.16 0.02 1004 Pork, fresh, boin, content principed party, double decker but with condiments and special searce 2.16 0.02 1004 Part fresh, booke,	20064	Rye flour, medium	2.17	0.33
05076 Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter 2,17 0,08 07945 Frankfurrer, beef, heared 2,17 0,08 17420 Lanh, New Zealand, imported, reak - fully frenched, separable lean and fut, raw 2,17 0,00 05041 Chicken, broilers or fryers, meat and skin and giblets and neck, coasted 2,16 0,08 07052 Pastrami, invitey 2,16 0,08 10090 Pork, fresh, brin, top fron (nexts.), humbers, separable lean only, conked, musted 2,16 0,07 10920 Pork, fresh, brin, center rib (chopo), bomeless, separable lean and fut, neared, pan-broid 2,16 0,07 10930 Pork, creat, havin, and water practicet, steeles, separable lean and fut, neared, pan-broid 2,16 0,07 10940 Pork, creat, havin, and water practicet, steeles, separable lean and fut, neared, pan-broid 2,16 0,07 10941 Pork, creat, havin, and water practicet, steeles, separable lean and fut, raw 2,16 0,09 17945 Lamb, New Zealand, imported, tenderion, separable lean and fut, raw 2,16 0,13 21404 Past foods, cheese-burger, double, regular patry, double decket bun with confinents and special	21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	2.17	0.09
19745 Frunkfurter, beef, beated 2.17 0.05 17420 Lamb, New Zealand, imported, rack - fully frenched, sparable lean and far, raw 2.16 0.08 10052 Pastranii, turkey 2.16 0.08 10059 Pork, fresh, binit, top bini (roastes), boncless, separable lean only, cooked, roasted 2.16 0.05 10050 Pork, fresh, binit, top bini (roastes), boncless, separable lean only, cooked, troasted 2.16 0.07 10020 Pork, fresh, binit, top bini (roastes), boncless, separable lean and far, raw 2.16 0.07 10921 Pork, Shoulder paritie sender, boncless, separable lean and far, raw 2.16 0.03 10940 Pork, Shoulder paritie sender, boncless, separable lean and far, raw 2.16 0.09 17385 Lamb, New Zealand, imported, tenderloin, separable lean and far, raw 2.16 0.09 17485 Lamb, bonclader paritie sender, boncless, separable lean and far, raw 2.16 0.09 17485 Lamb, New Zealand, imported, tenderloin, separable lean and far, raw 2.16 0.09 18400 Fast foods, checkbed, benefit 2.16 0.03 28410 Suads, popoc	43507	Frankfurter, low sodium	2.17	0.06
1420	05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	2.17	0.08
65004 Chieken, broilers or fryers, meat and skin and ghilets and neck, roasted 2.16 0.08 07052 Pastrant, turkey 2.16 0.08 10509 Pork, fresh, Inia, top loin (roasts), boneless, separable lean only, cooked, traisted 2.16 0.08 10200 Pork, fresh, Inia, center rib (chops), boneless, separable lean only, cooked, braised 2.16 0.07 10920 Pork, gread, ham and water product, slice, bone-in, separable lean and fat, raw 2.16 0.09 10961 Pork, Shoulder petitic tender, boneless, separable lean only, raw 2.16 0.09 17885 Lamb, New Zealand, imported, tenderloin, separable lean only, raw 2.16 0.13 2104 Fast foods, cheeseburger; double, regular patity; double decker but with condiments and special sauce 2.16 0.13 2504 Snacks, popcorn, nicrowave, regular (butter) flavor, made with partially hydrogenated oil 2.16 0.03 35052 Restaurant, Mexican, cheese quessedlla 2.16 0.07 18429 Crackers, whole-wheat, low salt 2.15 0.11 2126 Restaurant, Mexican, soft taco with ground beef, cheese and leituce 2.15 0.10 <t< td=""><td>07945</td><td>Frankfurter, beef, heated</td><td>2.17</td><td>0.05</td></t<>	07945	Frankfurter, beef, heated	2.17	0.05
07052 Pastrami, turkey 2.16 0.05 10069 Pork, fresh, loin, rop loin (roaste), boneless, separable lean only, cooked, braised 2.16 0.08 10200 Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised 2.16 0.07 10920 Pork, cured, ham and water product, silec, bone-in, separable lean and fat, neated, pan-broil 2.16 0.13 10961 Pork, Shoulder petite tender, boneless, separable lean and fat, raw 2.16 0.09 17388 Lamb, New Zealand, imported, tenderloin, separable lean only, raw 2.16 0.13 21400 Past foods, cheeseburger, double, regular patty; double decker but with condiments and special sauce 2.16 0.13 25014 Snacks, poperum, microwave, regular futurer) flavor, made with partially hydrogenated oil 2.16 0.07 18429 Checkers, whole-wheat, low sait 2.15 0.07 18429 Checkers, whole-wheat, low sait 2.15 0.11 36061 Restaurant, Mexican, soft taco with ground beef, cheese and lettuce 2.15 0.11 307044 USDA Commodity, luncheon meat, canned 2.15 0.01 30889 <td>17420</td> <td>Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw</td> <td>2.17</td> <td>0.10</td>	17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	2.17	0.10
10069 Pork, fresh, Join, top Init (roses), boncless, separable lean only, cooked, trasted 2.16 0.08 10200 Pork, fresh, Join, center rib (chops), boncless, separable lean only, cooked, braised 2.16 0.07 10920 Pork, cueed, ham and water product, slice, bone-in, separable lean and fat, raw 2.16 0.09 17385 Lamb, New Zealand, imported, tenderfoin, separable lean and fat, raw 2.16 0.01 21400 Past foods, cheeseburger; double, regular patty; double decker but with condiments and special sauce 2.16 0.13 25014 Saneks, popcorn, microwave, regular patty; double decker but with condiments and special sauce 2.16 0.07 36052 Restaurant, Mexican, cheese quesadilla 2.16 0.07 18429 Crackers, whole-wheat, low walt 2.15 0.44 21263 TACO BELL, Soft Taco with steak 2.15 0.01 30051 Restaurant, Mexican, of taco with steak 2.15 0.01 30252 Spices, nutmeg, ground 2.15 0.01 30253 Spices, nutmeg, ground 2.15 0.01 30264 Restaurant, Mexican, soft taco with ground beef, cheese and	05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	2.16	0.08
10200 Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised 2.16 0.07 10920 Pork, cured, ham and water product, slice, bone-in, separable lean and fat, raw 2.16 0.09 10961 Pork, Shoulder petite tender, boneless, separable lean and fat, raw 2.16 0.09 17385 Lamb, New Zealand, imported, tenderloin, separable lean only, raw 2.16 0.13 2400 Fast foods, cheeseburger, double, regular putty; double decker bun with condiments and special sauce 2.16 0.13 25014 Shacks, popcom, microwave, regular (butter) flavor, made with partially hydrogenated oil 2.16 0.19 36052 Restaurant, Mexican, cheese quesadilla 2.16 0.07 36129 Crackers, whole-wheat, low salt 2.15 0.44 21263 TACO BELL, Soft Taco with steak 2.15 0.11 36061 Restaurant, Mexican, soft taco with steak 2.15 0.10 36062 Restaurant, Mexican, soft taco with steak 2.15 0.10 36061 Restaurant, Mexican, soft taco with steak 2.15 0.10 36062 Creals, Quarter and taccent and steak	07052	Pastrami, turkey	2.16	0.05
10920 Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pun-broid 2.16 0.08 10961 Pork, Shoulder petite tender, boneless, separable lean and fat, raw 2.16 0.09 17385 Lamb, New Zealand, imported, tenderloin, separable lean only, raw 2.16 0.13 21400 Fast foods, cheeseburger, double, regular party; double decker but with condiments and special sauce 2.16 0.13 25014 Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil 2.16 0.07 36052 Restaurant, Mexican, cheese quesadilla 2.15 0.44 18429 Crackers, whole-wheat, low salt 2.15 0.41 2163 TACO BELL, Soft Taco with steak 2.15 0.11 36061 Restaurant, Mexican, soft taco with ground beef, cheese and lettuce 2.15 0.10 07024 USDA Commodity, luncheon meat, canned 2.15 0.03 0869 Cereals, QUAKER, carmeal, REAL MEDLEYS, blueberry hazelmut, dry 2.15 0.08 10064 Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled 2.15 0.08 10074 <td>10069</td> <td>Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted</td> <td>2.16</td> <td>0.08</td>	10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	2.16	0.08
10961 Pork, Shoulder petitic tender, boneless, separable lean and fat, raw 2.16 0.09 17388 Lamb, New Zealand, imported, tenderboin, separable lean only, raw 2.16 0.14 21400 Fast foods, cheeschurger, double, regular patry; double decker bun with condiments and special sauce 2.16 0.19 25014 Snacks, popcorm, microwave, regular (butter) flavor, made with partially hydrogenated oil 2.16 0.07 36052 Restaurant, Mexican, cheese quesadiila 2.16 0.07 18429 Crackers, whole-wheat, low salt 2.15 0.44 21263 TACO BELL, Soft Taco with steak 2.15 0.11 36061 Restaurant, Mexican, soft taco with ground beef, cheese and lettuce 2.15 0.10 02025 Spices, nuture, ground 2.15 0.10 07044 USDA Commodity, funcheon meat, canned 2.15 0.03 08689 Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry 2.15 0.08 10066 Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled 2.15 0.08 10074 Pork, fresh, loin, sirboin (chops), boneless, separab	10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	2.16	0.07
17385 Lamb, New Zealand, imported, tenderloin, separable lean only, raw 2.16 0.14 21400 Fast foods, cheeseburger, double, regular patty; double decker bun with condiments and special sauce 2.16 0.13 25014 Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil 2.16 0.09 36052 Restaurant, Mexican, cheese quesadilla 2.16 0.09 36052 Crackers, whole-wheat, low salt 2.15 0.44 21263 TACO BELL, Soft Taco with steak 2.15 0.11 36061 Restaurant, Mexican, soft taco with ground beef, cheese and lettuce 2.15 0.10 02025 Spices, nutmeg, ground 2.15 0.10 07044 USDA Commodity, lancheon meat, canned 2.15 0.03 08689 Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry 2.15 0.05 10046 Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled 2.15 0.08 10074 Pork, fresh, boin, center rib (chops), boneless, separable lean and fat, raw 2.15 0.08 10074 Pork, fresh, loin, sirloin (chops), boneless,	10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	2.16	0.13
21400 Fast foods, cheeseburger; double, regular pany; double decker bun with condiments and special sauce 2.16 0.13 25014 Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil 2.16 0.07 36052 Restaurani, Mexican, cheese quesadilla 2.16 0.07 18429 Crackers, whole-wheat, low salt 2.15 0.41 21263 TACO BELL, Soft Taco with steak 2.15 0.01 36061 Restaurant, Mexican, soft taco with ground beef, cheese and lettuce 2.15 0.10 02025 Spices, nutmeg, ground 2.15 0.03 07044 USDA Commodity, luncheon meat, canned 2.15 0.03 08689 Cercals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry 2.15 0.08 10064 Pork, fresh, bini, center rib (chops), boneins, separable lean and fat, cooked, broiled 2.15 0.08 10074 Pork, fresh, bini, top loin (chops), boneless, separable lean and fat, raw 2.15 0.07 10212 Pork, fresh, bini, sirloin (chops), boneless, separable lean and fat, cooked, broiled 2.15 0.01 10904 Pork, cresh, shoulder, arm pi	10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	2.16	0.09
25014 Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil 2.16 0.19 36052 Restaurant, Mexican, cheese quesadilla 2.16 0.07 18429 Crackers, whole-wheat, low salt 2.15 0.44 21263 TACO BELL, Soft Taco with steak 2.15 0.10 36061 Restaurant, Mexican, soft taco with ground beef, cheese and lettuce 2.15 0.10 02025 Spices, nutneg, ground 2.15 1.03 07044 USDA Commodity, luncheon meat, canned 2.15 0.03 08689 Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry 2.15 0.03 10064 Pork, fresh, loin, top loin (chops), bone-in, separable lean and fat, cooked, broiled 2.15 0.08 10074 Pork, fresh, loin, top loin (chops), bone-iess, separable lean and fat, raw 2.15 0.07 10212 Pork, fresh, loin, sirloin (chops), bone-less, separable lean and fat, cooked, broiled 2.15 0.08 10904 Pork, gresh, loin, sirloin (chops), bone-less, separable lean and fat, unheated 2.15 0.07 17423 Lamb, New Zealand, imported, tenderloin, separabl	17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	2.16	0.14
36052 Restaurant, Mexican, cheese quesadilla 2.16 0.07 18429 Crackers, whole-wheat, low salt 2.15 0.44 21263 TACO BELL, Soft Taco with steak 2.15 0.11 36061 Restaurant, Mexican, soft taco with ground beef, cheese and lettuce 2.15 0.10 02025 Spices, nutmeg, ground 2.15 0.03 07044 USDA Commodity, luncheon meat, canned 2.15 0.03 08689 Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry 2.15 - 10046 Pork, fresh, loin, center rib (chops), bone-ien, separable lean and fat, cooked, broiled 2.15 0.08 10068 Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw 2.15 0.07 10212 Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, raw 2.15 0.08 10904 Pork, cured, ham with natural juices, nump, bone-in, separable lean and fat, unheated 2.15 0.08 10904 Pork, cured, ham with natural juices, nump, bone-in, separable lean and fat, raw 2.15 0.09 17423 Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw 2.15 0.07 18076	21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	2.16	0.13
18429 Crackers, whole-wheat, low salt 2.15 0.44 21263 TACO BELL, Soft Taco with steak 2.15 0.11 36061 Restaurant, Mexican, soft taco with ground beef, cheese and lettuce 2.15 0.10 02025 Spices, nutureg, ground 2.15 1.03 07044 USDA Commodity, luncheon meat, canned 2.15 0.03 08689 Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry 2.15 - 10046 Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled 2.15 0.08 10068 Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled 2.15 0.08 10074 Pork, fresh, shoulder, arm picnic, separable lean and fat, raw 2.15 0.07 10212 Pork, fresh, boin, sirloin (chops), boneless, separable lean and fat, cooked, broiled 2.15 0.08 10904 Pork, cred, harm with natural juices, rump, bone-in, separable lean and fat, unheated 2.15 0.01 1717 Veal, loin, separable lean only, raw 2.15 0.09 17423 Lamb, New Zealand, imported, tenderloin, separable lean and fat	25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	2.16	0.19
21263 TACO BELL, Soft Taco with steak 2.15 0.11 36061 Restaurant, Mexican, soft taco with ground beef, cheese and lettuce 2.15 0.10 02025 Spices, nutmeg, ground 2.15 1.03 07044 USDA Commodity, luncheon meat, canned 2.15 0.03 08689 Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry 2.15 10046 Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled 2.15 0.08 10068 Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, row 2.15 0.08 10074 Pork, fresh, shoulder, arm picnic, separable lean and fat, row 2.15 0.07 10212 Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled 2.15 0.08 10904 Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled 2.15 0.07 10212 Pork, fresh, boin, sirloin (chops), boneless, separable lean and fat, row 2.15 0.08 10904 Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, row 2.15 0.09 17423 Lamb, New Zealand, imported, tenderloin, separable lean and, raw <t< td=""><td>36052</td><td>Restaurant, Mexican, cheese quesadilla</td><td>2.16</td><td>0.07</td></t<>	36052	Restaurant, Mexican, cheese quesadilla	2.16	0.07
36061 Restaurant, Mexican, soft taco with ground beef, cheese and lettuce 2.15 0.10 02025 Spices, nutmeg, ground 2.15 1.03 07044 USDA Commodity, luncheon meat, canned 2.15 0.03 08689 Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry 2.15 10046 Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled 2.15 0.08 10068 Pork, fresh, loin, itop loin (chops), boneless, separable lean and fat, raw 2.15 0.08 10074 Pork, fresh, shoulder, arm picnic, separable lean and fat, raw 2.15 0.08 10904 Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled 2.15 0.08 10904 Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, unheated 2.15 0.08 10904 Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated 2.15 0.01 17107 Veal, loin, separable lean only, raw 2.15 0.05 17423 Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw 2.15 0.07 05107	18429	Crackers, whole-wheat, low salt	2.15	0.44
02025 Spices, nutmeg, ground 2.15 1.03 07044 USDA Commodity, luncheon meat, canned 2.15 0.03 08689 Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry 2.15 10046 Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled 2.15 0.08 10068 Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw 2.15 0.08 10074 Pork, fresh, shoulder, arm picnic, separable lean and fat, raw 2.15 0.07 10212 Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled 2.15 0.08 10904 Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated 2.15 0.01 17107 Veal, loin, separable lean only, raw 2.15 0.09 17423 Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw 2.15 0.09 18076 Bread, whole-wheat, commercially prepared, toasted 2.15 0.67 05107 Chicken, broilers or fryers, wing, meat only, cooked, roasted 2.14 0.05 05734 Turkey, skin from whole	21263	TACO BELL, Soft Taco with steak	2.15	0.11
07044 USDA Commodity, luncheon meat, canned 2.15 0.03 08689 Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry 2.15 10046 Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled 2.15 0.08 10068 Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw 2.15 0.07 10074 Pork, fresh, shoulder, arm picnic, separable lean and fat, raw 2.15 0.07 10212 Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled 2.15 0.08 10904 Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated 2.15 0.01 17107 Veal, loin, separable lean only, raw 2.15 0.09 17423 Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw 2.15 0.14 18076 Bread, whole-wheat, commercially prepared, toasted 2.15 0.67 05107 Chicken, broilers or fryers, wing, meat only, cooked, roasted 2.14 0.05 05170 Turkey, skin from whole (light and dark), roasted 2.14 0.11 05734 Turkey, retail parts, wing, meat and skin, raw 2.14 0.05	36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	2.15	0.10
08689 Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry 2.15 10046 Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled 2.15 0.08 10068 Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled 2.15 0.08 10074 Pork, fresh, shoulder, arm picnic, separable lean and fat, raw 2.15 0.07 10212 Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled 2.15 0.08 10904 Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated 2.15 0.01 17107 Veal, loin, separable lean only, raw 2.15 0.09 17423 Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw 2.15 0.14 18076 Bread, whole-wheat, commercially prepared, toasted 2.15 0.67 05107 Chicken, broilers or fryers, wing, meat only, cooked, roasted 2.14 0.05 05170 Turkey, skin from whole (light and dark), roasted 2.14 0.11 05734 Turkey, retail parts, wing, meat and skin, raw 2.14 0.05 07	02025	Spices, nutmeg, ground	2.15	1.03
10046 Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled 2.15 0.08 10068 Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled 2.15 0.08 10074 Pork, fresh, shoulder, arm picnic, separable lean and fat, raw 2.15 0.07 10212 Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled 2.15 0.08 10904 Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated 2.15 0.01 17107 Veal, loin, separable lean only, raw 2.15 0.09 17423 Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw 2.15 0.14 18076 Bread, whole-wheat, commercially prepared, toasted 2.15 0.67 05107 Chicken, broilers or fryers, wing, meat only, cooked, roasted 2.14 0.05 05170 Turkey, skin from whole (light and dark), roasted 2.14 0.11 05734 Turkey, retail parts, wing, meat and skin, raw 2.14 0.05 07053 Pate, chicken liver, canned 2.14 0.18	07044	USDA Commodity, luncheon meat, canned	2.15	0.03
10068 Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled 2.15 0.08 10074 Pork, fresh, shoulder, arm picnic, separable lean and fat, raw 2.15 0.07 10212 Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled 2.15 0.08 10904 Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated 2.15 0.11 17107 Veal, loin, separable lean only, raw 2.15 0.09 17423 Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw 2.15 0.14 18076 Bread, whole-wheat, commercially prepared, toasted 2.15 0.67 05107 Chicken, broilers or fryers, wing, meat only, cooked, roasted 2.14 0.05 05170 Turkey, skin from whole (light and dark), roasted 2.14 0.11 05734 Turkey, retail parts, wing, meat and skin, raw 2.14 0.05 07053 Pate, chicken liver, canned 2.14 0.18	08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	2.15	
10074 Pork, fresh, shoulder, arm picnic, separable lean and fat, raw 2.15 0.07 10212 Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled 2.15 0.08 10904 Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated 2.15 0.11 17107 Veal, loin, separable lean only, raw 2.15 0.09 17423 Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw 2.15 0.14 18076 Bread, whole-wheat, commercially prepared, toasted 2.15 0.67 05107 Chicken, broilers or fryers, wing, meat only, cooked, roasted 2.14 0.05 05170 Turkey, skin from whole (light and dark), roasted 2.14 0.11 05734 Turkey, retail parts, wing, meat and skin, raw 2.14 0.05 07053 Pate, chicken liver, canned 2.14 0.18	10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	2.15	0.08
Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated 2.15 0.08 10904 Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated 2.15 0.09 17423 Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw 2.15 0.14 18076 Bread, whole-wheat, commercially prepared, toasted 2.15 0.67 05107 Chicken, broilers or fryers, wing, meat only, cooked, roasted 2.14 0.05 05170 Turkey, skin from whole (light and dark), roasted 2.14 0.11 05734 Turkey, retail parts, wing, meat and skin, raw 2.14 0.05 07053 Pate, chicken liver, canned	10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	2.15	0.08
Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated 2.15 0.11 17107 Veal, loin, separable lean only, raw 2.15 0.09 17423 Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw 2.15 0.14 18076 Bread, whole-wheat, commercially prepared, toasted 2.15 0.67 05107 Chicken, broilers or fryers, wing, meat only, cooked, roasted 0.10 05170 Turkey, skin from whole (light and dark), roasted 2.14 0.11 05734 Turkey, retail parts, wing, meat and skin, raw 2.14 0.05 07053 Pate, chicken liver, canned	10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	2.15	0.07
17107Veal, loin, separable lean only, raw2.150.0917423Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw2.150.1418076Bread, whole-wheat, commercially prepared, toasted2.150.6705107Chicken, broilers or fryers, wing, meat only, cooked, roasted2.140.0505170Turkey, skin from whole (light and dark), roasted2.140.1105734Turkey, retail parts, wing, meat and skin, raw2.140.0507053Pate, chicken liver, canned2.140.18	10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	2.15	0.08
17423Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw2.150.1418076Bread, whole-wheat, commercially prepared, toasted2.150.6705107Chicken, broilers or fryers, wing, meat only, cooked, roasted2.140.0505170Turkey, skin from whole (light and dark), roasted2.140.1105734Turkey, retail parts, wing, meat and skin, raw2.140.0507053Pate, chicken liver, canned2.140.18	10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	2.15	0.11
Bread, whole-wheat, commercially prepared, toasted Chicken, broilers or fryers, wing, meat only, cooked, roasted Chicken, broilers or fryers, wing, meat only, cooked, roasted Turkey, skin from whole (light and dark), roasted Turkey, retail parts, wing, meat and skin, raw Turkey, retail parts, wing, meat and skin, raw 2.14 0.05 Pate, chicken liver, canned	17107	Veal, loin, separable lean only, raw	2.15	0.09
Chicken, broilers or fryers, wing, meat only, cooked, roasted Chicken, broilers or fryers, wing, meat only, cooked, roasted Turkey, skin from whole (light and dark), roasted Turkey, retail parts, wing, meat and skin, raw Chicken, broilers or fryers, wing, meat only, cooked, roasted Chicken, broilers or fryers, wing, meat only, cooked, roa	17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	2.15	0.14
05170Turkey, skin from whole (light and dark), roasted2.140.1105734Turkey, retail parts, wing, meat and skin, raw2.140.0507053Pate, chicken liver, canned2.140.18	18076	Bread, whole-wheat, commercially prepared, toasted	2.15	0.67
05734Turkey, retail parts, wing, meat and skin, raw2.140.0507053Pate, chicken liver, canned2.140.18	05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	2.14	0.05
07053 Pate, chicken liver, canned 2.14 0.18	05170	Turkey, skin from whole (light and dark), roasted	2.14	0.11
	05734	Turkey, retail parts, wing, meat and skin, raw	2.14	0.05
08693 Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry 2.14	07053	Pate, chicken liver, canned	2.14	0.18
	08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	2.14	

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	2.14	0.08
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	2.14	0.07
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	2.14	0.27
19434	Cheese puffs and twists, corn based, baked, low fat	2.14	0.08
20005	Barley, pearled, raw	2.13	0.42
20036	Rice, brown, long-grain, raw	2.13	0.30
01252	Cheese product, pasteurized process, American, vitamin D fortified	2.13	0.04
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	2.13	0.07
07927	Sausage, Italian, turkey, smoked	2.13	0.11
07929	Sausage, turkey, hot, smoked	2.13	0.11
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	2.13	0.27
11432	Radishes, oriental, dried	2.13	1.63
17219	Veal, variety meats and by-products, thymus, cooked, braised	2.13	0.07
17449	Lamb, Australian, imported, fresh, external fat, cooked	2.13	0.07
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	2.12	0.05
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	2.12	0.05
15100	Fish, smelt, rainbow, cooked, dry heat	2.12	0.18
16091	Peanuts, spanish, raw	2.12	0.90
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	2.12	0.13
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	2.12	0.08
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	2.11	1.08
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	2.11	0.06
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	2.11	0.05
07916	Sausage, Polish, pork and beef, smoked	2.11	0.06
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	2.11	0.08
13333	Beef, variety meats and by-products, spleen, raw	2.11	0.17
01024	Cheese, limburger	2.10	0.02
05013	Chicken, broilers or fryers, meat only, roasted	2.10	0.07
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	2.10	0.06
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	2.10	
07015	Brotwurst, pork, beef, link	2.10	0.08
07050	Mortadella, beef, pork	2.10	0.06
07944	Turkey, white, rotisserie, deli cut	2.10	0.04
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	2.10	
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	2.10	0.13
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	2.10	0.77

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	2.10	0.09
21241	WENDY'S, Jr. Hamburger, without cheese	2.10	0.12
43366	Turkey, wing, smoked, cooked, with skin, bone removed	2.10	0.06
07939	Frankfurter, pork	2.09	0.07
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	2.09	0.08
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	2.09	0.08
17164	Game meat, deer, raw	2.09	0.25
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	2.09	0.13
01039	Cheese, roquefort	2.08	0.03
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	2.08	0.08
05131	Chicken, stewing, dark meat, meat only, raw	2.08	0.11
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	2.08	0.09
15026	Fish, eel, mixed species, cooked, dry heat	2.08	0.03
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	2.08	0.09
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	2.07	0.06
07006	Bockwurst, pork, veal, raw	2.07	0.10
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	2.07	0.34
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	2.07	
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	2.07	0.07
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	2.07	0.20
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	2.07	0.10
36012	Restaurant, family style, fried mozzarella sticks	2.07	0.07
20131	Barley malt flour	2.06	0.27
35233	Hazelnuts, beaked (Northern Plains Indians)	2.06	1.20
05126	Chicken, stewing, meat only, cooked, stewed	2.06	0.12
05236	Turkey, young hen, skin only, cooked, roasted	2.06	0.08
13337	Beef, variety meats and by-products, thymus, raw	2.06	0.05
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	2.05	0.07
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	2.05	0.07
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	2.05	0.07
07910	Bratwurst, veal, cooked	2.05	0.08
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	2.05	0.09
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	2.05	0.09
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	2.05	0.07
12114	Nuts, coconut meat, dried (desiccated), toasted	2.05	0.81
28321	Rolls, hamburger, whole grain white, calcium-fortified	2.05	0.18

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	2.05	0.31
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	2.04	0.08
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	2.04	0.08
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	2.04	0.08
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	2.04	0.08
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)	2.04	0.30
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	2.04	
10152	Pork, cured, ham, whole, separable lean only, unheated	2.04	0.08
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	2.04	0.07
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	2.04	0.08
12177	Nuts, coconut meat, dried (desiccated), creamed	2.04	0.81
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	2.04	0.09
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	2.03	0.05
07010	Bologna, pork	2.03	0.08
07022	Frankfurter, beef, unheated	2.03	0.06
07201	OSCAR MAYER, Bologna (beef)	2.03	0.11
10112	Pork, fresh, variety meats and by-products, lungs, raw	2.03	0.08
11240	Mushrooms, morel, raw	2.03	0.62
19015	Snacks, granola bars, hard, plain	2.03	0.39
21108	Fast foods, hamburger; single, regular patty; with condiments	2.03	0.10
19279	Candies, milk chocolate coated coffee beans	2.02	0.49
20040	Rice, brown, medium-grain, raw	2.02	0.28
21118	Fast foods, hotdog, plain	2.02	0.08
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	2.02	0.09
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	2.02	0.05
05285	Turkey, diced, light and dark meat, seasoned	2.02	0.06
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	2.02	0.13
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	2.02	0.08
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	2.02	0.06
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	2.01	0.08
07063	Pork sausage, link/patty, unprepared	2.01	0.06
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	2.01	
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	2.01	0.06
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	2.01	0.08
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	2.01	0.07
12108	Nuts, coconut meat, dried (desiccated), not sweetened	2.01	0.80

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
17104	Veal, loin, separable lean and fat, raw	2.01	0.08
18220	Crackers, melba toast, plain	2.01	0.29
18348	Rolls, dinner, whole-wheat	2.01	0.24
18424	Crackers, melba toast, plain, without salt	2.01	0.29
19040	Snacks, popcorn, cheese-flavor	2.01	0.14
19902	Chocolate, dark, 45- 59% cacao solids	2.01	1.03
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	2.01	0.10
19086	Candies, confectioner's coating, peanut butter	2.00	0.40
19419	Snacks, corn cakes	2.00	0.42
19800	Snacks, corn cakes, very low sodium	2.00	0.42
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	2.00	0.15
20130	Barley flour or meal	2.00	0.34
20323	Cornmeal, white, self-rising, bolted, plain, enriched	2.00	0.15
28161	KELLOGG'S, ALL-BRAN, Multigrain Crackers	2.00	
36004	APPLEBEE'S, mozzarella sticks	2.00	0.06
43112	Beans, chili, barbecue, ranch style, cooked	2.00	0.25
43384	Beef, bologna, reduced sodium	2.00	0.03
05043	Chicken, broilers or fryers, dark meat, meat only, raw	2.00	0.06
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	2.00	0.08
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	2.00	0.06
07032	Ham and cheese loaf or roll	2.00	0.08
10851	HORMEL, Cure 81 Ham	2.00	0.10
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	2.00	0.11
11667	Seaweed, spirulina, dried	2.00	6.10
16059	Chili with beans, canned	2.00	0.12
16092	Peanuts, spanish, oil-roasted, with salt	2.00	0.66
16392	Peanuts, spanish, oil-roasted, without salt	2.00	0.66
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	2.00	0.48
05014	Chicken, broilers or fryers, meat only, stewed	1.99	0.06
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	1.99	0.06
10885	Pork, cured, ham water added, shank, bone-in, separable lean only, unheated	1.99	0.10
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	1.99	0.10
11955	Tomatoes, sun-dried	1.99	1.42
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	1.99	0.38
16129	Tofu, fried	1.99	0.40
16429	Tofu, fried, prepared with calcium sulfate	1.99	0.40

2103 Fast foods, barries, with beans and beef 1.09 0.11 2116 Fast foods, barries, checoe solv on white bread with American checoes, ktmee and tomato 1.08 0.00 2616 Fast foods, submaries andwich, steak and effected on white bread with checoe, ktmee and tomato 1.08 0.00 3661 DENNYS, nozzaedlic cheese sticles 1.08 0.07 0645 Circuls, Quidater, keep, nozzaed skin and gibles and acck, stewed 1.08 0.02 0646 Pork, circus, function cheeps, breades, Resin and Spice, dry 1.08 0.02 1089 Pork, circus, function with narrial piteses, whole, boneless, separable lean and fun, with added solution, cooked, para-broided 1.08 0.02 1084 Pork, circus, function with narrial piteses, whole, boneless, separable lean only, based, coassed 1.08 0.02 1084 Pork, circus, function internal piteses, whole, boneless, separable lean only, trans 1.07 0.07 1084 Pork, circus, function internal piteses, whole, boneless, separable lean only, trans 1.07 0.07 1084 Pork, feech, long, circus, function internal piteses, whole, boneless, separable lean and function of the propertices. In the propertices of the propertices. In the propertices of the propertices. In	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
Past foods, submarrine sardwich, steak and cheese on white breast, lettace and timato	21063	Fast foods, burrito, with beans and beef	1.99	0.11
56511 DENNYS, mozarella cheese sticks 1.98 0.07 00005 Clukken, norbore or fryers, met and skin and gibbits and meek, srewed 1.98 0.07 03436 Coarals, QUAKER, Instand Oatmack, Rissin and Spiecs, 49 1.98 0.05 10839 Pork, fresh, loin, top loin (chops), boncless, separable lean and fat, with added solution, cooked, pan-broiled 1.98 0.06 10834 Pork, cured, ham with natural juices, whole, boncless, separable lean only, heard, rossted 1.98 0.14 10928 Pork, cured, ham with natural juices, whole, boncless, separable lean and fat, heard, rossted 1.98 0.27 10115 Whey, sweet, hiral 1.97 0.07 1024 Coccase, CUAKER, Instant Oatmeal, apples and cinnamon, dy 1.97 0.07 1035 Pork, fresh, loin, circuter rib (chops or rossts), bone-in, separable lean and fat, twobated 1.97 0.07 1036 Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, whotated 1.97 0.07 1037 Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, whotated 1.97 0.08 1040 Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, whotated	21159	SUBWAY, steak & Dread with American cheese, lettuce and tomato	1.98	0.09
05005 Chicken, broilers or fiyers, meat and skin and giblets and neck, stewed 1.98 0.32 08436 Cereals, OUAKER, Instant Ourmel, Raist and Spice, dry 1.98 0.32 10859 Pork, Gred, bein, brit, polit ofchesp), benedes, separable lean and fat, with added solution, cooked, pan-broiled 1.98 0.02 10884 Pork, cared, ham with natural juices, whole, bondess, separable lean only, wheated 1.98 0.42 10828 Pork, cared, ham with natural juices, whole, bondess, separable lean and fat, heated, roasted 1.98 0.22 0115 Whey, sweet, dried 1.97 0.07 08124 Cereals, OUAKER, Instant Outmed, appeas and circumstruct, grey 1.97 0.07 08124 Cereals, OUAKER, Instant Outmed, appeas and circumstruct, grey 1.97 0.07 1093 Pork, fresh, Ion, sition (chops), bone-in, separable lean and fat, unkeated 1.97 0.07 1094 Pork, cured, ham with natural juices, whole, bone-ies, separable lean and fat, unkeated 1.97 0.07 1094 Pork, cured, ham with natural juices, whole, bone-ies, separable lean and fat, unkeated 1.97 0.07 1094 Pork, cured, ham with natural juices, whole, bone-ies, sep	21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	1.98	0.09
08436 Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, thy 198 0.32 10859 Pork, fresh, binit, top loin (chopp), bone-less, separable lean and fat, with added solution, cooked, pun-broiled 1.98 0.02 10884 Pork, cured, ham with natural juices, whole, boneless, separable lean only, beated, masted 1.98 0.14 10928 Pork, cured, ham with natural juices, whole, boneless, separable lean only, the addition of the policy of the polic	36611	DENNY'S, mozzarella cheese sticks	1.98	0.07
10859 Pork, fresh, bin, top bin (chops), boneless, separable lean and far, with added solution, cooked, pun broiled 1.98 0.06 10883 Pork, cured, harn with natural juices, whole, boneless, separable lean only, beated, roasted 1.98 0.27 1084 Pork, cured, harn with natural juices, whole, boneless, separable lean and fat, beated, troasted 1.98 0.27 10115 Whey, sweet, divided 1.97 0.07 10124 Cereals, QUAKER, Instant Charmeal, apples and cinamon, dry 1.97 0.07 10048 Pork, fresh, bini, center rib (chops or roasts), bone-in, separable lean only, raw 1.97 0.07 10053 Pork, fresh, bini, serion (clops), bone-in, separable lean and fat, outbased 1.97 0.07 10050 Pork, fresh, bini, serion (clops), bone-in, separable lean and fat, unbeated 1.97 0.04 10797 Pork, fresh, bini, serion (clops), bone-in, separable lean and fat, unbeated 1.97 0.04 10709 Pork, fresh, bini, serion (clops), bone-in, separable lean and fat, unbeated 1.97 0.04 10709 Pork, cured, bar with antural juices, whole, boneles, separable lean and fat, unbeated 1.97 0.04 10709 Pork, cure	05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	1.98	0.07
10883 Pork, cured, ham with natural juices, whole, boneless, separable lean only, unbeated 1.98 0.27 10844 Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, beated, roasted 1.98 0.14 10928 Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, beated, roasted 1.97 0.07 10115 Whey, sweet, dired 1.97 0.07 1024 Cercals, QUAKER, Instant Commed, apples and cinnamon, dry 1.97 0.07 1034 Pork, fireth, loin, certer rib (chops, bene-in, separable lean and fat, conked, braised 1.97 0.08 1036 Pork, fersth, loin, circler rib (chops, bone-in, separable lean and fat, unbeated 1.97 0.08 1030 Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unbeated 1.97 0.08 1030 Pork, fersth, loin, circler rib (chops or roasts), bone-in, separable lean and fat, unbeated 1.97 0.09 1040 Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unbeated 1.97 0.00 1790 Veal, variety means and bysproducts, kidneys, raw 1.97 0.00 1791 O.28 0.00	08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	1.98	0.32
10884 Pork, cured, ham with natural juices, whole, boncless, separable lean only, unheated 1.98 0.27 10928 Pork, cured, ham with natural juices, whole, boncless, separable lean and far, heated, roasted 1.97 0.07 01115 Whey, sweet, dried 1.97 0.07 10048 Cercals, QUAKER, Instant Oatmeal, apples and cinnamon, dry 1.97 0.07 10048 Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fact, cooked, braised 1.97 0.08 10050 Pork, cured, ham with natural juices, whole, boneless, separable lean and far, unheated 1.97 0.08 10900 Pork, cured, ham with natural juices, whole, boneless, separable lean and far, unheated 1.97 0.08 10900 Pork, cured, ham with natural juices, whole, boneless, separable lean and far, unheated 1.97 0.09 10900 Pork, cured, ham with natural juices, whole, boneless, separable lean and far, unheated 1.97 0.09 11909 Veal, variety meats and by-products, kidneys, raw 1.97 0.09 12160 School Lunch, pizza, choses topping, duried to the product, transported to the product, produc	10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	1.98	0.06
10928 Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted 1.98 0.27 01115 Whey, sweed, dried 1.97 0.07 08124 Cercals, QUAKER, Instant Oatmeal, apples and cinnamon, dry 1.97 0.07 10048 Pork, fresh, Ioin, center rib (chops), bone-in, separable lean and fat, cooked, braised 1.97 0.07 10933 Pork, fresh, Ioin, sirloin (chops), bone-in, separable lean and fat, unheated 1.97 0.04 10940 Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated 1.97 0.04 17947 Veal, variety means and by-products, kidneys, raw 1.97 0.04 17942 Veal, keg, top tround, cap off, curlet, boneless, raw 1.97 0.01 21600 School Lunch, pizza, choses topping, thin crust, whole grain, frozen, cooked 1.97 0.01 21600 School Lunch, pizza, choses topping, thin crust, whole grain, frozen, cooked 1.97 0.01 21600 School Lunch, pizza, choses topping, thin crust, whole grain, frozen, cooked 1.97 0.01 21604 Rice, brown, patholied, dry, UNCLE BENS 1.96 0.03 <t< td=""><td>10883</td><td>Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted</td><td>1.98</td><td>0.27</td></t<>	10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	1.98	0.27
01115 Whey, sweet, dried 1.97 0.07 08124 Cereals, QUAKER, Instant Oatmeal, apples and cimamon, dry 1.97	10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	1.98	0.14
08124 Cercals, QUAKER, Instant Oatmeal, apples and cinnamon, dry - 10048 Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw 1.97 0.07 10053 Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised 1.97 0.08 10000 Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated 1.97 0.14 17127 Veal, variety meats and by-products, kidneys, raw 1.97 0.09 17426 Veal, legs, top round, cap off, cutlet, boneless, raw 1.97 0.09 1600 School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked 1.97 0.10 2604 ON THE BORDER, soft tace with ground beef, cheese and lettuce 1.97 0.13 2042 Rice, brown, parboiled, dry, UNCLE BEN'S 1.96 0.08 21435 KFC, Fried Chicken, OKIGINAL RECIPE, Drumstick, meat and skin with breading 1.96 0.08 25445 Formulated bar, high fiber, chew, oats and chocolate 1.96 0.06 2545 Frankfurer, beef, low fat 1.96 0.08 25417 Trankfurer, beef, low fat	10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	1.98	0.27
10048 Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw 1.97 0.07 10053 Pork, fresh, loin, sirdin (chops), bone-in, separable lean and fat, cooked, braised 1.97 0.08 10900 Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated 1.97 0.14 17197 Veal, variety meats and by-products, kidneys, raw 1.97 0.09 17426 Veal, leg, top round, cap off, cutlet, boneless, raw 1.97 0.09 21600 School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked 1.97 0.13 36060 ON THE BORDER, soft taco with ground beef, cheese and lettuce 1.97 0.13 2042 Rice, brown, parboiled, dry, UNCLE BEINS 1.96 0.33 21435 KPC, Fried Chicken, ORIGINAL RECIPE, Drunstick, meat and skin with breading 1.96 0.08 25045 Formulated bar, high fiber, chewy, oats and chocolate 1.96 0.06 42179 Frankfurer, beef, low fat 1.96 0.08 50549 Chicken, broilers on fryers, back, meat and skin, cooked, fried, batter 1.96 0.08 61222 <td< td=""><td>01115</td><td>Whey, sweet, dried</td><td>1.97</td><td>0.07</td></td<>	01115	Whey, sweet, dried	1.97	0.07
10053 Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised 1.97 0.08 10000 Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated 1.97 0.14 17197 Veal, variety meats and by-products, kidneys, raw 1.97 0.09 17426 Veal, leg, top round, cap off, cutlet, boneless, raw 1.97 0.09 21600 School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked 1.97 0.13 30600 ON THE BORDER, soft taco with ground beef, cheese and lettuce 1.97 0.13 20042 Rice, brown, parboiled, dry, UNCLE BENS 1.96 0.08 21435 KFC, Fried Chicken, ORIGINAL RECIPE, Drunstick, meat and skin with breading 1.96 0.08 25045 Formulated bar, high fiber, chewy, oats and chocolate 1.96 0.06 42179 Frankfurter, beef, low fat 1.96 0.06 05049 Chicken, broilers of fryers, back, meat and skin, cooked, fried, batter 1.96 0.08 0707 Smoked link sausage, pork and beef, nonfat dry milk added 1.96 0.06 15152 Crustaceans, shrimp, mi	08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	1.97	
10900 Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated 1.97 0.14 17197 Veal, variety meats and by-products, kidneys, raw 1.97 0.09 17426 Veal, leg, top round, cap off, cutlet, boneless, raw 1.97 0.09 18000 School Lunch, pitza, cheese topping, thin crust, whole grain, frozen, cooked 1.97 0.13 21600 ON THE BORDER, soft tao with ground beef, cheese and lettuce 1.97 0.13 20042 Rice, brown, parboiled, dry, UNCLE BENS 1.96 0.08 21435 KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading 1.96 0.08 25045 Formulated bar, high fiber, chewy, oas and chocolate 1.96 0.02 42179 Frankfurter, beef, low fat 1.96 0.08 05040 Chicken, stewing, meat and skin, cooked, fried, bater 1.96 0.08 07077 Smoked link susuage, pork and beef, nonfat dry milk added 1.96 0.05 15152 Crustaceans, shrimp, mixed species, canned 1.96 0.56 1629 Pancakes, whole-wheat, dry mix, incomplete 1.95 0.0	10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	1.97	0.07
17197 Veal, variety meats and by-products, kidneys, raw 1.97 0.49 17426 Veal, leg, top round, cap off, cutlet, boneless, raw 1.97 0.09 21600 School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked 1.97 0.10 36060 ON THE BORDER, soft taco with ground beef, cheese and lettuce 1.96 0.33 20042 Rice, brown, parboiled, dry, UNCLE BENS 1.96 0.08 21435 KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading 1.96 0.08 25045 Formulated bar, high fiber, chewy, oats and chocolate 1.96 0.02 42179 Frankfurter, beef, low fat 1.96 0.08 05049 Chicken, broilers or fivers, back, meat and skin, cooked, fried, batter 1.96 0.08 05122 Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed 1.96 0.08 07077 Smoked link sausage, pork and beef, nonfat dry milk added 1.96 0.26 18299 Pancakes, whole-wheat, dry mix, incomplete 1.96 0.56 10052 Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	1.97	0.08
17426 Veal, leg, top round, cap off, cutlet, boneless, raw 1.97 0.09 21600 School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked 1.97 0.10 36060 ON THE BORDER, soft tace with ground beef, cheese and lettuce 1.97 0.13 20042 Rice, brown, parboiled, dry, UNCLE BENS 1.96 0.08 21435 KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading 1.96 0.08 25045 Formulated bar, high fiber, chewy, oats and chocolate 1.96 0.26 42179 Frankfurter, beef, low fat 1.96 0.08 05049 Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter 1.96 0.08 05122 Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed 1.96 0.08 07077 Smoked link sussage, pork and beef, nonfat dry milk added 1.96 0.08 18299 Pancakes, whole-wheat, dry mix, incomplete 1.96 0.56 18299 Pancakes, whole-wheat, dry mix, incomplete 1.95 0.09 10918 Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	1.97	0.14
21600 School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked 1.97 0.13 36060 ON THE BORDER, soft taco with ground beef, cheese and lettuce 1.97 0.13 20042 Rice, brown, parboiled, dry, UNCLE BEN'S 1.96 0.33 21435 KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading 1.96 0.08 25045 Formulated bar, high fiber, chewy, oats and chocolate 1.96 0.06 42179 Frankfurter, beef, low fat 1.96 0.06 05049 Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter 1.96 0.08 05122 Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed 1.96 0.08 07077 Smoked link sausage, pork and beef, nonfat dry milk added 1.96 0.09 1829 Pancakes, whole-wheat, dry mix, incomplete 1.96 0.56 10052 Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw 1.95 0.09 10958 Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted 1.95 0.01 10958 Pork, Shoul	17197	Veal, variety meats and by-products, kidneys, raw	1.97	0.49
36060 ON THE BORDER, soft taco with ground beef, cheese and lettuce 1.97 0.13 20042 Rice, brown, parboiled, dry, UNCLE BEN'S 1.96 0.33 21435 KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading 1.96 0.08 25045 Formulated bar, high fiber, chewy, oats and chocolate 1.96 0.06 42179 Frankfurter, beef, low fat 1.96 0.06 05049 Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter 1.96 0.08 07077 Smoked link sausage, pork and beef, nonfat dry milk added 1.96 0.08 07077 Smoked link sausage, pork and beef, nonfat dry milk added 1.96 0.06 18299 Pancakes, whole-wheat, dry mix, incomplete 1.96 0.56 18299 Pancakes, whole-wheat, dry mix, incomplete 1.96 0.56 18299 Parcakes, whole-wheat, dry mix, incomplete 1.96 0.56 10052 Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw 1.95 0.09 10958 Pork, Greyed, ham and water product, rump, bone-in, separable lean and fat, raw 1.95 0.08 11444 Seaweed, irishmoss,	17426	Veal, leg, top round, cap off, cutlet, boneless, raw	1.97	0.09
20042 Rice, brown, parboiled, dry, UNCLE BEN'S 1.96 0.33 21435 KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading 1.96 0.08 25045 Formulated bar, high fiber, chewy, oats and chocolate 1.96 0.26 42179 Frankfurter, beef, low fat 1.96 0.06 05049 Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter 1.96 0.08 05122 Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed 1.96 0.08 07077 Smoked link sausage, pork and beef, nonfat dry milk added 1.96 0.09 15152 Crustaceans, shrimp, mixed species, canned 1.96 0.26 18299 Pancakes, whole-wheat, dry mix, incomplete 1.96 0.56 10052 Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw 1.95 0.09 10918 Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted 1.95 0.12 10958 Pork, Shoulder breast, boncless, separable lean and fat, raw 1.95 0.05 1144 Seaweed, irishmoss, raw 1.95<	21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	1.97	0.10
21435 KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading 1.96 0.08 25045 Formulated bar, high fiber, chewy, oats and chocolate 1.96 0.26 42179 Frankfurter, beef, low fat 1.96 0.06 05049 Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter 1.96 0.08 05122 Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed 1.96 0.08 07077 Smoked link sausage, pork and beef, nonfat dry milk added 1.96 0.09 15152 Crustaceans, shrimp, mixed species, canned 1.96 0.05 18299 Pancakes, whole-wheat, dry mix, incomplete 1.96 0.56 10052 Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw 1.95 0.09 10918 Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted 1.95 0.08 11444 Seaweed, irishmoss, raw 1.95 0.15 21228 McDONALD'S, Hamburger 1.95 0.15 2149 School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen 1.94 0.03 2149 School Lunch, pizza, TONY'S Breakfast	36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	1.97	0.13
25045 Formulated bar, high fiber, chewy, oats and chocolate 1.96 0.26 42179 Frankfurter, beef, low fat 1.96 0.06 05049 Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter 1.96 0.08 05122 Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed 1.96 0.08 07077 Smoked link sausage, pork and beef, nonfat dry milk added 1.96 0.09 15152 Crustaceans, shrimp, mixed species, canned 1.96 0.26 18299 Pancakes, whole-wheat, dry mix, incomplete 1.96 0.56 10052 Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw 1.95 0.09 10918 Pork, cured, ham and water product, rump, bone-in, separable lean and fat, raw 1.95 0.08 10958 Pork, Shoulder breast, boneless, separable lean and fat, raw 1.95 0.08 11444 Seaweed, irishmosr, raw 1.95 0.15 21228 McDONALD'S, Hamburger 1.95 0.10 18617 NABISCO, NABISCO GRAHAMS Crackers 1.94 0.03 21149	20042	Rice, brown, parboiled, dry, UNCLE BEN'S	1.96	0.33
42179 Frankfurter, beef, low fat 1.96 0.06 05049 Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter 1.96 0.08 05122 Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed 1.96 0.08 07077 Smoked link sausage, pork and beef, nonfat dry milk added 1.96 0.09 15152 Crustaceans, shrimp, mixed species, canned 1.96 0.26 18299 Pancakes, whole-wheat, dry mix, incomplete 1.96 0.56 10052 Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw 1.95 0.09 10918 Pork, cured, ham and water product, rump, bone-in, separable lean and fat, raw 1.95 0.08 10958 Pork, Shoulder breast, boneless, separable lean and fat, raw 1.95 0.08 11444 Seaweed, irishmoss, raw 1.95 0.15 21228 McDONALD'S, Hamburger 1.95 0.10 18617 NABISCO, NABISCO GRAHAMS Crackers 1.94 0.03 21149 School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen 1.94	21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	1.96	0.08
05049 Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter 1.96 0.08 05122 Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed 1.96 0.08 07077 Smoked link sausage, pork and beef, nonfat dry milk added 1.96 0.09 15152 Crustaceans, shrimp, mixed species, canned 1.96 0.26 18299 Pancakes, whole-wheat, dry mix, incomplete 1.96 0.56 10052 Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw 1.95 0.09 10918 Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted 1.95 0.12 10958 Pork, Shoulder breast, boneless, separable lean and fat, raw 1.95 0.08 11444 Seaweed, irishmoss, raw 1.95 0.15 21228 McDONALD'S, Hamburger 1.95 0.10 18617 NABISCO, NABISCO GRAHAMS Crackers 1.94 0.03 21149 School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen 1.94	25045	Formulated bar, high fiber, chewy, oats and chocolate	1.96	0.26
05122 Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed 1.96 0.08 07077 Smoked link sausage, pork and beef, nonfat dry milk added 1.96 0.09 15152 Crustaceans, shrimp, mixed species, canned 1.96 0.26 18299 Pancakes, whole-wheat, dry mix, incomplete 1.96 0.56 10052 Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw 1.95 0.09 10918 Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted 1.95 0.12 10958 Pork, Shoulder breast, boneless, separable lean and fat, raw 1.95 0.08 11444 Seaweed, irishmoss, raw 1.95 0.15 21228 McDONALD'S, Hamburger 1.95 0.10 18617 NABISCO, NABISCO GRAHAMS Crackers 1.94 0.03 21149 School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen 1.94	42179	Frankfurter, beef, low fat	1.96	0.06
07077 Smoked link sausage, pork and beef, nonfat dry milk added 1.96 0.09 15152 Crustaceans, shrimp, mixed species, canned 1.96 0.26 18299 Pancakes, whole-wheat, dry mix, incomplete 1.96 0.56 10052 Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw 1.95 0.09 10918 Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted 1.95 0.12 10958 Pork, Shoulder breast, boneless, separable lean and fat, raw 1.95 0.08 11444 Seaweed, irishmoss, raw 1.95 0.15 21228 McDONALD'S, Hamburger 1.95 0.10 18617 NABISCO, NABISCO GRAHAMS Crackers 1.94 0.03 21149 School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen 1.94	05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	1.96	0.08
15152 Crustaceans, shrimp, mixed species, canned 1.96 0.26 18299 Pancakes, whole-wheat, dry mix, incomplete 1.96 0.56 10052 Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw 1.95 0.09 10918 Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted 1.95 0.12 10958 Pork, Shoulder breast, boneless, separable lean and fat, raw 1.95 0.08 11444 Seaweed, irishmoss, raw 1.95 0.15 21228 McDONALD'S, Hamburger 1.95 0.10 18617 NABISCO, NABISCO GRAHAMS Crackers 1.94 0.03 21149 School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen 1.94	05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	1.96	0.08
Pancakes, whole-wheat, dry mix, incomplete 1.96 0.56 10052 Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw 1.95 0.09 10918 Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted 1.95 0.12 10958 Pork, Shoulder breast, boneless, separable lean and fat, raw 1.95 0.08 11444 Seaweed, irishmoss, raw 1.95 0.15 21228 McDONALD'S, Hamburger 1.95 0.10 18617 NABISCO, NABISCO GRAHAMS Crackers 1.94 0.03 21149 School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	07077	Smoked link sausage, pork and beef, nonfat dry milk added	1.96	0.09
10052Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw1.950.0910918Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted1.950.1210958Pork, Shoulder breast, boneless, separable lean and fat, raw1.950.0811444Seaweed, irishmoss, raw1.950.1521228McDONALD'S, Hamburger1.950.1018617NABISCO, NABISCO GRAHAMS Crackers1.940.0321149School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen1.94	15152	Crustaceans, shrimp, mixed species, canned	1.96	0.26
Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted 1.95 Pork, Shoulder breast, boneless, separable lean and fat, raw 1.95 0.08 1.95 0.15 1.95 0.15 1.95 0.15 1.95 0.16 1.95 0.17 1.95 0.19 1.95 0.10 1.95 0.10 1.95 0.10 1.95 0.10 1.95 0.10 1.95 0.10 1.95 0.10 1.95 0.10 1.95 0.10 1.95 0.10 1.95 0.10 1.95 0.10 1.95 0.10 1.95 0.10	18299	Pancakes, whole-wheat, dry mix, incomplete	1.96	0.56
10958Pork, Shoulder breast, boneless, separable lean and fat, raw1.950.0811444Seaweed, irishmoss, raw1.950.1521228McDONALD'S, Hamburger1.950.1018617NABISCO, NABISCO GRAHAMS Crackers1.940.0321149School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen1.94	10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	1.95	0.09
11444Seaweed, irishmoss, raw1.950.1521228McDONALD'S, Hamburger1.950.1018617NABISCO, NABISCO GRAHAMS Crackers1.940.0321149School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen1.94	10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	1.95	0.12
21228McDONALD'S, Hamburger1.950.1018617NABISCO, NABISCO GRAHAMS Crackers1.940.0321149School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen1.94	10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	1.95	0.08
18617 NABISCO, NABISCO GRAHAMS Crackers 1.94 0.03 21149 School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen 1.94	11444	Seaweed, irishmoss, raw	1.95	0.15
21149 School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen 1.94	21228	McDONALD'S, Hamburger	1.95	0.10
	18617	NABISCO, NABISCO GRAHAMS Crackers	1.94	0.03
Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed 1.94 0.09	21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	1.94	
	21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	1.94	0.09

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
28325	Crackers, toast thins, low sodium	1.94	0.31
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	1.94	0.07
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	1.94	0.08
05336	USDA Commodity Chicken, canned, meat only, drained	1.94	0.06
07027	Ham, chopped, not canned	1.94	0.06
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	1.94	0.36
10878	Pork, cured, ham water added, slice, boneless, separable lean only, heated, pan-broil	1.94	0.11
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	1.94	0.09
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	1.94	0.09
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	1.93	0.06
07007	Bologna, beef	1.93	0.05
07059	Polish sausage, pork	1.93	0.09
07915	Sausage, Polish, beef with chicken, hot	1.93	0.09
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	1.93	0.06
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	1.93	0.08
10916	Pork, cured, ham water added, slice, boneless, separable lean and fat, heated, pan-broil	1.93	0.12
10973	Pork, ground, 96% lean / 4% fat, raw	1.93	0.03
11640	Shallots, freeze-dried	1.93	0.42
17160	Game meat, buffalo, water, raw	1.93	0.15
17206	Lamb, variety meats and by-products, lungs, cooked, braised	1.93	0.23
17210	Lamb, variety meats and by-products, pancreas, raw	1.93	0.06
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	1.93	0.08
19017	Snacks, granola bars, hard, chocolate chip	1.93	0.26
20012	Bulgur, dry	1.93	0.34
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	1.93	0.08
42280	Frankfurter, meat and poultry, low fat	1.93	0.06
20109	Noodles, egg, dry, enriched	1.92	0.30
20409	Noodles, egg, dry, unenriched	1.92	0.30
25036	Snacks, granola bites, mixed flavors	1.92	0.25
28295	Tortillas, ready-to-bake or -fry, whole wheat	1.92	0.27
43241	Cereals ready-to-eat, FAMILIA	1.92	0.41
01161	Cheese substitute, mozzarella	1.92	0.11
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	1.92	0.07
05333	Chicken, ground, crumbles, cooked, pan-browned	1.92	0.06
13323	Beef, variety meats and by-products, kidneys, raw	1.92	0.43
16078	Mothbeans, mature seeds, raw	1.92	0.69

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	1.91	0.09
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	1.91	0.09
10972	Pork, ground, 84% lean / 16% fat, raw	1.91	0.03
12005	Seeds, breadnut tree seeds, dried	1.91	2.46
17217	Veal, variety meats and by-products, spleen, cooked, braised	1.91	0.92
21233	McDONALD'S, Cheeseburger	1.91	0.10
21237	McDONALD'S, BIG MAC	1.91	0.10
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	1.91	0.08
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	1.90	0.09
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	1.90	0.08
03021	Babyfood, meat, meat sticks, junior	1.90	0.07
03190	Babyfood, cereal, oatmeal, with bananas, dry	1.90	0.39
05141	Duck, domesticated, meat only, raw	1.90	0.25
05303	Poultry, mechanically deboned, from mature hens, raw	1.90	0.06
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	1.90	0.07
07030	Ham, minced	1.90	0.08
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	1.90	
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	1.90	0.21
15009	Fish, carp, cooked, dry heat	1.90	0.07
16022	Beans, french, mature seeds, raw	1.90	0.44
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	1.89	
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	1.89	0.09
11284	Onions, dehydrated flakes	1.89	0.42
21006	Fast foods, biscuit with egg and steak	1.89	0.07
19401	Snacks, cornnuts, barbecue-flavor	1.88	0.14
23419	Beef, New Zealand, imported, intermuscular fat, cooked	1.88	0.03
36049	ON THE BORDER, cheese enchilada	1.88	0.07
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	1.88	0.07
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	1.87	0.05
07065	Pork and beef sausage, fresh, cooked	1.87	0.04
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	1.87	0.09
16008	Beans, baked, canned, with franks	1.87	0.21
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	1.87	0.27
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	1.87	0.27
17191	Lamb, variety meats and by-products, heart, raw	1.87	0.40
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	1.87	0.09

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	1.87	
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	1.87	0.21
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	1.87	0.10
35146	Stew, mutton, corn, squash (Navajo)	1.87	0.06
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	1.87	0.04
43031	Candies, chocolate covered, caramel with nuts	1.87	0.58
43212	Bacon bits, meatless	1.87	0.54
19021	Snacks, granola bars, soft, uncoated, peanut butter	1.86	0.66
36403	Restaurant, Latino, empanadas, beef, prepared	1.86	0.10
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	1.86	0.55
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	1.86	0.06
05084	Chicken, broilers or fryers, neck, meat and skin, raw	1.86	0.08
05140	Duck, domesticated, meat and skin, cooked, roasted	1.86	0.23
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	1.86	0.05
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	1.86	0.07
10886	Pork, cured, ham water added, slice, bone-in, separable lean only, unheated	1.86	0.20
05053	Chicken, broilers or fryers, back, meat only, raw	1.85	0.06
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	1.85	0.28
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	1.85	0.08
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	1.85	0.06
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	1.85	0.05
10119	Pork, fresh, variety meats and by-products, stomach, raw	1.85	0.17
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	1.85	0.12
18036	Bread, multi-grain, toasted (includes whole-grain)	1.85	0.31
22972	Pulled pork in barbecue sauce	1.85	0.10
35144	Stew, dumpling with mutton (Navajo)	1.85	0.05
20139	Wheat, KAMUT khorasan, cooked	1.84	0.21
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	1.84	0.41
28303	Crackers, cheese, whole grain	1.84	0.23
01191	KRAFT VELVEETA Pasteurized Process Cheese Spread	1.84	
05167	Turkey, whole, meat only, raw	1.84	0.08
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	1.84	0.08
07025	Frankfurter, turkey	1.84	0.07
10024	Pork, fresh, loin, whole, separable lean only, raw	1.84	0.06
10184	Pork, cured, ham, extra lean and regular, canned, unheated	1.84	0.08
10911	Pork, cured, ham water added, shank, bone-in, separable lean and fat, unheated	1.84	0.10

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
18283	Muffins, oat bran	1.84	0.33
02010	Spices, cinnamon, ground	1.83	0.34
07026	Ham, chopped, canned	1.83	0.05
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	1.83	
16088	Peanuts, all types, cooked, boiled, with salt	1.83	0.50
16158	Hummus, commercial	1.83	0.53
17427	Veal, loin, chop, separable lean only, cooked, grilled	1.83	0.12
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	1.83	0.39
20111	Noodles, egg, spinach, enriched, dry	1.83	0.26
21146	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen	1.83	
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	1.83	0.16
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	1.83	0.17
36050	Restaurant, Mexican, cheese enchilada	1.83	0.06
42161	Bologna, beef, low fat	1.83	0.03
20020	Cornmeal, whole-grain, yellow	1.82	0.19
20320	Cornmeal, whole-grain, white	1.82	0.19
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	1.82	0.07
01144	Egg substitute, powder	1.82	0.21
01168	Cheese, low fat, cheddar or colby	1.82	0.02
01265	Cheese, cheddar, nonfat or fat free	1.82	0.02
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	1.82	0.07
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	1.82	0.07
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	1.82	0.19
10879	Pork, cured, ham water added, whole, boneless, separable lean only, heated, roasted	1.82	0.09
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	1.82	0.05
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	1.82	0.31
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	1.82	0.30
18043	Bread, protein (includes gluten)	1.82	0.42
01259	Cheese spread, American or Cheddar cheese base, reduced fat	1.81	0.03
02049	Thyme, fresh	1.81	0.56
10865	Pork, cured, ham water added, rump, bone-in, separable lean only, heated, roasted	1.81	0.10
17367	Lamb, New Zealand, imported, kidney, raw	1.81	0.36
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	1.81	0.12
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	1.81	0.07
20017	Corn flour, masa, enriched, white	1.80	0.21
20019	Corn flour, masa, unenriched, white	1.80	0.21

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
20317	Corn flour, yellow, masa, enriched	1.80	0.21
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	1.80	0.10
43132	Meatballs, meatless	1.80	0.71
43137	Vegetarian meatloaf or patties	1.80	0.71
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	1.80	0.06
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	1.80	
08648	Cereals ready-to-eat, KASHI Simply Maize	1.80	
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	1.80	0.06
10857	HORMEL Canadian Style Bacon	1.80	0.10
10917	Pork, cured, ham water added, whole, boneless, separable lean and fat, heated, roasted	1.80	0.10
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	1.80	0.19
17205	Lamb, variety meats and by-products, lungs, raw	1.80	0.25
07036	Sausage, Italian, pork, raw	1.79	0.08
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	1.79	
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	1.79	
10880	Pork, cured, ham water added, whole, boneless, separable lean only, unheated	1.79	0.10
20091	Pasta, gluten-free, corn, dry	1.79	0.20
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	1.79	0.28
19009	Snacks, KRAFT, CORNNUTS, plain	1.78	0.12
05165	Turkey, whole, meat and skin, raw	1.78	0.08
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	1.78	0.08
08546	Rice and Wheat cereal bar	1.78	0.18
17184	Game meat, squirrel, cooked, roasted	1.78	0.15
03015	Babyfood, meat, turkey, strained	1.77	0.15
03016	Babyfood, meat, turkey, junior	1.77	0.15
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	1.77	0.09
05124	Chicken, stewing, meat and skin, cooked, stewed	1.77	0.10
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	1.77	0.07
07068	Salami, cooked, beef	1.77	0.19
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	1.77	0.06
10909	Pork, cured, ham water added, whole, boneless, separable lean and fat, unheated	1.77	0.10
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	1.77	0.30
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	1.77	0.30
18075	Bread, whole-wheat, commercially prepared	1.77	0.23
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	1.77	0.34
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	1.76	0.50

2447 COPENTAL Fried Chicken, Musilars on Fryen, mean and skins, crokent, suremed 1.76 0.00 0500 Chicken, Invalians on Fryen, mean and skins, crokent, suremed 1.76 0.00 05102 Chicken, Invalians on Fryen, mean and skins, crokent, suremed 1.76 0.00 05122 Chicken, Invalians on Fryen, big, mean and skin, croked, frosted 1.76 0.00 05122 Crawley from Work, Light mean, term and skin, croked, frosted 1.76 0.00 05122 Crawley, fast fore, now 1.76 0.00 0612 Created, sout, instant, fortified, with raisins and spice, days 1.76 0.02 0613 Porf., creef, barn, whole, separable lean and fat unheated 1.76 0.08 1514 Create-care, crayfish, mixed species, wild, crobed, most, separable lean only, croked, pan brailed 1.75 0.06 1515 Cricken, brailer, separable lean and price, separable lean and fat, unheared 1.73 0.06 1524 Chicken, brailer, separable lean and fat, unheared 1.74 0.07 1525 Chi	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
1500 Chicken, broilers or fryers, leg, ment only, trov 1.76 0.05	21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	1.76	0.07
USD 102 Chicken, broilers or fryers, wing, meat and skin, cooked, fired, flour 1.76 0.07 105182 Turkey from whole, light meat, meat and skin, cooked, massed 1.76 0.02 05622 Corculs, coats, instant, fortified, with raisins and spice, day 1.76 0.28 1053 Pork, cured, ham, whole, separable lean and far, unbeated 1.76 0.07 1154 Carabaceans, craffin, insied species, and lid, cooked, most heat 1.75 0.08 1156 Pork, treath, bini, center from (cheps), boneless, separable lean only, cooked, pun-brailed 1.75 0.08 1106 Pork, treath, bini, center from (cheps), boneless, separable lean only, cooked, pun-brailed 1.75 0.08 2108 Pork, fresh, bini, center from (cheps), boneless, separable lean only, cooked, pun-brailed 1.75 0.08 2108 TACO BELL, Grighard Taco with best, cheese and letture, standard 1.75 0.06 2143 Strong Check, central cheese, CRISEY, Wing, meat only, skin and besading removed 1.74 0.02 2145 School Lunch, pixa, Big DADDY'S LS 10° 51% Whole Grain Rolled Edge Cheese Pixza, frozea 1.74 0.07 1052 Checken, capons, meat and skin, cooked, masted 1.74 0.07 1053 Checken, brainer, and contral checken, masted 1.74 0.07 </td <td>05010</td> <td>Chicken, broilers or fryers, meat and skin, cooked, stewed</td> <td>1.76</td> <td>0.06</td>	05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	1.76	0.06
05182 Turkey from whole, light meat, meat and skin, cooked, reasted 1.76 0.07 05622 Ground mixey, fat free, raw 1.76 0.06 08122 Cernals, rate, instail, institled, with trainers and spice, dry 1.76 0.28 10150 Pork, cured, harn, whole, separable lean and fat, unbeated 1.76 0.08 10163 Pork, cured, harn, whole, separable lean and fat, unbeated 1.75 0.08 10163 Pork, fresh, Doin, cured, larn, whole, separable lean and separable lean only, cooled, pun-broiled 1.75 0.08 10163 Pork, fresh, Doin, cured, larn, whole, separable lean oal, cooled, pun-broiled 1.75 0.08 21026 Fast foods, taco with beef, cheese and lettuce, hard shell ean oally, cooled, pun-broiled 1.75 0.08 21243 KFC, Fried Chickee, ExPTRA CRISPY, Wing, meat only, skin and breading removed 1.75 0.06 18950 Crackers, whear, reduced fat 1.74 0.07 21443 KFC, Fried Chickee, ExPTRA CRISPY, Wing, meat only, skin and breading removed 1.74 0.02 21443 School Lanch, pinza, BiG DADDYS LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, froven 1.74 0.07 <	05080	Chicken, broilers or fryers, leg, meat only, raw	1.76	0.06
05662 Ground tarkey, fat free, raw 1.76 0.08 08132 Cercuis, cons. Instant, fortified, with raisins and spiec, dey 1.76 0.28 10150 Pork, cursel, ham, whole, separable lean and fat, unheated 1.76 0.08 15146 Creataceans, crayfish, mixed species, wild, cooked, moist heat 1.76 0.68 10163 Pirk, firsh, boir, center bin (obpop), boneless, separable lean only, cooked, pan-broaled 1.75 0.06 21082 Fast foods, lean with beef, cheese and lettuce 1.75 0.08 21260 TACO BELL, Original Taco with beef, cheese and lettuce 1.75 0.08 21433 KPC, Freat Chickon, EXTRA CRISPY, Wing, meat only, shin and breating removed 1.74 0.02 21435 KPC, Great Chickon, EXTRA CRISPY, Wing, meat only, shin and breating removed 1.74 0.02 21435 Chucken, captors, meal and skin, cooked, meated 1.74 0.02 21445 School Lunch, pizza, BIG DADDY'S LS 16' 5'15' Whole Grain Rolled Edge Cheese Pizza, forcen 1.74 0.07 05053 Chicken, captors, residence, deep and fat, toward 1.74 0.07 10904 Pork, fresh, bi	05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	1.76	0.06
08132 Cereals, cots, instant, fortified, with risisms and spice, dry 1.76 0.28 10150 Pork, cured, ham, whole, separable lean and fat, unbeated 1.76 0.07 15146 Crustaceams, regular, bail, miced species, wild, cooked, most thest 1.76 0.08 10163 Pork, fresh, brin, center brin (chops), boneless, separable lean only, cooked, pan-broiled 1.75 0.08 21082 Fast foods, taco with beef, cheese and lettuce 1.75 0.08 21250 TACO BELL, Original Taco with beef, cheese and lettuce 1.75 0.08 21433 KPC, Fried Chicken, EXTRA CRISPY, Wing, meal only, skin and breading removed 1.74 0.02 18850 Chackers, whear, reduced far 1.74 0.22 21433 KPC, Fried Chicken, EXTRA CRISPY, Wing, meal only, skin and breading removed 1.74 0.22 18950 Chackers, whear, reduced far 1.74 0.02 2144 School Lumeh, pizza, BIG DADDY'S LS 16' 5'18' Whole Grain Rolled Edge Cheese Pizza, frozen 1.74 0.07 18051 Chicken, broiler, colisseine, BBQ, back meat only 1.74 0.07 18020 Pork, fresh, loin, broiler, co	05182	Turkey from whole, light meat, meat and skin, cooked, roasted	1.76	0.07
1015 Pork, cured, ham, whole, separable lean and fat, unheated 1.76 0.07 1514 Crustaceaus, crayfish, mixed species, wild, cooked, moist heat 1.76 0.08 1016 Pork, fresh, Ioin, curetre loin (chops), boneless, separable lean only, cooked, pan-broiled 1.75 0.08 1202 Fast foods, tuco with beef, cheese and lettuce, hard shell 1.75 0.08 1218 TACO BBLL, Original Taco with beef, cheese and lettuce, hard shell 1.75 0.08 1243 KPC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed 1.75 0.06 1243 KPC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed 1.74 0.07 1214 School Lunch, pizza, BIG DADDY'S L'S 16° 51% Whole Grain Rolled Edge Cheese Pizza, frozen 1.74 0.07 1015 Chicken, capons, meat and skin, cooked, roussed 1.74 0.07 1020 Pork, fresh, loin, whole, separable lean and fat, unheated 1.74 0.07 1020 Pork, fresh, loin, whole, separable lean and fat, unheated 1.74 0.08 10911 Pork, cured, ham water added, slice, bone-in, separable lean and fat, unheated 1.74 0.08 10912 Pork, fresh, loin, upolo in (chorp), bone-in, separable lean and fat, bander on state 1.74 0.05 10913 Pork, fresh, loin, pop loin (chorp), bone-ins, separable lean and fat, bander on state 1.74 0.05 10914 Pork, fresh, loin, pop loin (chorp), bone-ins, separable lean and fat, bander on state 1.74 0.05 10915 Pork, fresh, loin, pop loin (chorp), bone-ins, separable lean and fat, without species, cooked, froid 1.74 0.05 10916 Pork, fresh, loin, pop loin (chorp), bone-ins, separable lean and fat, without species, cooked, froid 1.74 0.05 10917 Pork, fresh, loin, pop loin (chorp), bone-ins, separable lean and fat, and the control of the state 1.74 0.05 10918 Pork, fresh, loin, pop loin (chorp), separable lean and fat, raw 1.73 0.06 10918 Pork, fresh, loin, pop loin (chorp), separable lean and fat, raw 1.73 0.06 10918 Po	05662	Ground turkey, fat free, raw	1.76	0.06
15146 Crustaceans, crayfish, mixed species, wild, cooked, moist heat 1.76 0.68 10163 Porf., freith, Ioin, center foin (chops), boneless, separable lean only, cooked, pan-broiled 1.75 0.08 21282 Fact foods, tone with beef, cheese and lettuce 1.75 0.08 21280 TACO BELL, Original Taco with beef, cheese and lettuce 1.75 0.06 21433 KPC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed 1.74 0.02 88950 Crackers, wheat, reduced fat 1.74 0.7 15146 School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen 1.74 0.07 15136 Chicken, capons, meat and skin, cooked, roasted 1.74 0.07 10020 Pork, freith, bion, whole, separable lean and fat, row 1.74 0.07 10101 Pork, cured, ham – water added, slice, hone-in, separable lean and fat, unbaated 1.74 0.18 10913 Pork, cured, ham – water added, slice, hone-is, separable lean and fat, unbaated 1.74 0.12 10947 Pork, freith, bion, bol in chicpos), boneless, separable lean and fat, unbaated 1.74 0.15	08132	Cereals, oats, instant, fortified, with raisins and spice, dry	1.76	0.28
10163 Pork, fresh, koin, center loin (chops), boneless, separable lean only, cooked, pan-broiled 1.75 0.08 21082 Fast foods, taco with beef, cheese and lettuce, hard shell 1.75 0.08 21260 TACO BHLI, Original Tace with beef, cheese and lettuce 1.75 0.06 21433 K.F.C, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed 1.75 0.06 21436 R.F.C, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed 1.74 0.02 21145 School Lunch, pizza, BIG DADDYS LS 16" 51% Whole Grain Rolled Edge Cheese Fizza, frozen 1.74 0.07 0503 Chicken, caprons, meat and skin, cooked, roasted 1.74 0.07 0503 Chicken, caprons, meat and skin, cooked, roasted 1.74 0.07 0503 Chicken, caprons, meat and skin, cooked, roasted 1.74 0.06 0509 Pork, Carred, harn—water added, slice, bone-in, esparable lean and fat, raw 1.74 0.06 0509 Pork, cured, harn—water added, slice, bone-in, esparable lean and fat, tanheated 1.74 0.05 0509 Pork, cured, harn—water added, slice, bone-in, esparable lean and fat, beated, roasted 1.74 0.05 0509 Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw 1.74 0.05 0509 Pork, fresh, loin, bidde (chops or crossts), boneless, separable lean and fat only, raw 1.74 0.05 0509 Pork, fresh, loin, spoloin (mass), boneless, separable lean and fat, raw 1.74 0.05 0509 Chicken, broilers or firemed retail cuts, separable lean and fat, raw 1.73 0.06 0509 Pork, fresh, loin, top loin (mass), boneless, separable lean and fat, raw 1.73 0.06 0509 Chicken, broilers or firemed retail cuts, separable lean and fat, raw 1.73 0.06 0509 Chicken, broilers or firemed retail cuts, separable lean and fat, raw 1.73 0.06 0509 Chicken, broilers or firemed retail cuts, separable lean and fat, raw 1.73 0.06 0509 Chicken, broilers or firems, liph, meat and skin, cooked, roasted 1.74 0.05 0509 Chicken,	10150	Pork, cured, ham, whole, separable lean and fat, unheated	1.76	0.07
21082 Fast foods, taco with beef, cheese and lettuce, hard shell 1.75 0.08 21280 TACO BELL, Original Taco with beef, cheese and lettuce 1.75 0.08 21433 KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed 1.74 0.02 818950 Crackers, when reduced fair 1.74 0.22 21145 School Lunch, pizza, BIG DADDY'S LS 16' 51% Whole Grain Rolled Edge Cheese Pizza, frozen 1.74 0.07 05633 Chicken, capons, mear and skin, cooked, roasted 1.74 0.06 109020 Fork, fresh, bini, whole, separable lean and fat, raw 1.74 0.06 10910 Pork, cured, ham water added, slice, bone-in, separable lean and fat, unleated 1.74 0.18 10911 Pork, fresh, loin, top loin (chops), boneles, separable lean and fat, beated, nosted 1.74 0.18 10947 Pork, fresh, loin, bake (chops or mass), boneless, separable lean and fat only, raw 1.74 0.05 1176 Mollusks, squid, mixed species, cooked, fried 1.74 0.05 18267 English muffins, whole-wheat, toasted 1.74 0.05 18269 Chicken, broiles o	15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	1.76	0.68
21260 TACO BELL, Original Taco with beef, cheese and lettuce 1.75 0.08 21433 RFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed 1.75 0.06 18950 Crackers, wheat, reduced fat 1.74 0.22 21415 School Lunch, pizza, BIO DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Fizza, frozen 1.74 0.07 0593 Chicken, capons, meat and skin, cooked, roasted 1.74 0.07 10020 Pork, fresh, loin, whole, separable lean and fat, raw 1.74 0.06 10910 Pork, cured, ham water added, slice, bone-in, separable lean and fat, unheated 1.74 0.18 10913 Pork, cured, ham water added, rump, bone-in, separable lean and fat, theated, roasted 1.74 0.06 10947 Pork, fresh, loin, bade (chops or coasts), boneless, separable lean and fat, bated, roasted 1.74 0.05 10989 Pork, fresh, loin, bade (chops or coasts), boneless, separable lean and fat, vaw 1.74 0.05 1176 Mollusks, squid, mixed species, cooked, freed 1.74 0.05 1826 Fangish muffins, whole-wheat, toasted 1.74 0.22 0594	10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	1.75	0.06
21433 KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed 1.74 0.22 18950 Crackers, wheat, reduced fat 1.74 0.22 21145 School Lunch, pizza, BIG DADDYS LS 16*51% Whole Grain Rolled Edge Cheese Pizza, frozen 1.74 0.07 05136 Chicken, capons, meat and skin, cooked, rosted 1.74 0.07 05693 Chicken, broiler, rotisserie, BBQ, back meat only 1.74 0.07 10020 Pork, fresh, loin, whole, separable lean and fat, raw 1.74 0.18 10910 Pork, cured, ham water added, slice, bone-in, separable lean and fat, heated, rosted 1.74 0.18 10947 Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, heated, rosted 1.74 0.06 10989 Pork, fresh, loin, bot ploin (chops), boneless, separable lean and fat, met deter out the properties of properties, separable lean and fat, raw 1.74 0.05 15176 Mollusks, squid, mixed species, cooked, fried 1.74 0.05 15267 English muffins, whole-wheat, toasted 1.74 0.22 05094 Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted 1.73 0.06 <	21082	Fast foods, taco with beef, cheese and lettuce, hard shell	1.75	0.08
18950 Crackers, wheat, reduced fat 1.74 0.22 21145 School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen 1.74	21260	TACO BELL, Original Taco with beef, cheese and lettuce	1.75	0.08
21145 School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen 1.74 0.07 05136 Chicken, capons, meat and skin, cooked, roasted 1.74 0.07 0593 Chicken, broiler, roitseric, BBQ, back meat only 1.74 0.07 10020 Pork, fresh, loin, whole, separable lean and fat, raw 1.74 0.18 10910 Pork, cured, ham — water added, slice, bone-in, separable lean and fat, unbeated 1.74 0.18 10947 Pork, fresh, loin, ploin (chops), bone-less, separable lean and fat, heated, roasted 1.74 0.06 10948 Pork, fresh, loin, blade (chops), bone-less, separable lean and fat, only, raw 1.74 0.06 10949 Pork, fresh, loin, blade (chops), bone-less, separable lean and fat only, raw 1.74 0.06 15176 Mollusks, squid, mixed species, cooked, fried 1.74 0.09 18267 English muffins, whole-wheat, toasted 1.74 0.02 18269 Chicken, broilers of fryers, thigh, meat and skin, cooked, roasted 1.73 0.06 10944 Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw 1.73 0.06 <t< td=""><td>21433</td><td>KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed</td><td>1.75</td><td>0.06</td></t<>	21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	1.75	0.06
05136 Chicken, capons, meat and skin, cooked, roasted 1.74 0.07 05693 Chicken, broiler, rotisserie, BBQ, back meat only 1.74 0.07 10020 Pork, fresh, loin, whole, separable lean and fat, raw 1.74 0.06 10910 Pork, cured, ham water added, slice, bone-in, separable lean and fat, theated 1.74 0.18 10913 Pork, cured, ham water added, rump, bone-in, separable lean and fat, heated, roasted 1.74 0.05 10947 Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, heated, roasted 1.74 0.06 10989 Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw 1.74 0.05 15176 Mollusks, squid, mixed species, cooked, fried 1.74 0.05 18267 English muffins, whole-wheat, toasted 1.74 0.02 18267 English muffins, whole-wheat, toasted 1.73 0.06 10224 Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw 1.73 0.06 10244 Pork, fresh, enhanced, loin, tenderloin, separable lean andy, raw 1.73 0.06 10944 Pork,	18950	Crackers, wheat, reduced fat	1.74	0.22
05693 Chicken, broiler, rotisserie, BBQ, back meat only 1.74 0.07 10020 Pork, fresh, loin, whole, separable lean and fat, raw 1.74 0.06 10910 Pork, cured, ham water added, slice, bone-in, separable lean and fat, unheated 1.74 0.18 10913 Pork, cured, ham water added, rumpt, bone-in, separable lean and fat, heated, roasted 1.74 0.02 10947 Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled 1.74 0.05 10989 Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw 1.74 0.05 15176 Mollusks, squid, mixed species, cooked, fried 1.74 0.05 18267 English muffins, whole-wheat, toasted 1.74 0.22 05094 Chicken, broilers or fyers, thigh, meat and skin, cooked, roasted 1.73 0.06 10224 Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw 1.73 0.06 10944 Pork, fresh, ehanced, loin, tenderloin, separable lean only, raw 1.73 0.06 10944 Pork, fresh, ehanced, loin, tenderloin, separable lean only, raw 1.73 0.10<	21145	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	1.74	
10020 Pork, fresh, Ioin, whole, separable lean and fat, raw 1.74 0.06 10910 Pork, cured, ham water added, slice, bone-in, separable lean and fat, unheated 1.74 0.18 10913 Pork, cured, ham water added, rump, bone-in, separable lean and fat, heated, roasted 1.74 0.02 10947 Pork, fresh, Ioin, top loin (chops), boneless, separable lean and fat only, raw 1.74 0.05 15176 Mollusks, squid, mixed species, cooked, fried 1.74 0.05 15176 Mollusks, squid, mixed species, cooked, fried 1.74 0.05 17006 Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked 1.74 0.02 18267 English muffins, whole-wheat, toasted 1.74 0.22 05094 Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted 1.73 0.06 10224 Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw 1.73 0.06 10944 Pork, fresh, enhanced, loin, tenderloin, separable lean and fat, raw 1.73 0.06 14041 Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink 1.73 0.05 </td <td>05136</td> <td>Chicken, capons, meat and skin, cooked, roasted</td> <td>1.74</td> <td>0.07</td>	05136	Chicken, capons, meat and skin, cooked, roasted	1.74	0.07
10910 Pork, cured, ham water added, slice, bone-in, separable lean and fat, unheated 1.74 0.18 10913 Pork, cured, ham water added, rump, bone-in, separable lean and fat, heated, roasted 1.74 0.12 10947 Pork, fresh, loin, top loin (chops), boneless, separable lean and fat only, raw 1.74 0.05 10989 Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw 1.74 0.05 15176 Mollusks, squid, mixed species, cooked, fried 1.74 0.09 18267 English muffins, whole-wheat, toasted 1.74 0.22 05094 Chicken, broilers of fryers, thigh, meat and skin, cooked, roasted 1.73 0.06 10244 Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw 1.73 0.06 10944 Pork, fresh, enhanced, loin, tenderloin, separable lean and fat, raw 1.73 0.06 10944 Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw 1.73 0.06 14041 Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink 1.73 0.05 15163 Mollusks, cuttlefish, mixed species, raw 1.73 0.59 2016 Corn flour, whole-grain, yellow 1.7	05693	Chicken, broiler, rotisserie, BBQ, back meat only	1.74	0.07
10913 Pork, cured, ham water added, rump, bone-in, separable lean and fat, heated, roasted 1.74 0.12 10947 Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled 1.74 0.05 10989 Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw 1.74 0.05 15176 Mollusks, squid, mixed species, cooked, fried 1.74 2.11 17006 Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked 1.74 0.09 18267 English muffins, whole-wheat, toasted 1.74 0.22 05094 Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted 1.73 0.06 10224 Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw 1.73 0.06 10944 Pork, fresh, enhanced, loin, tenderloin, separable lean and, raw 1.73 0.06 10944 Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw 1.73 0.06 10944 Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink 1.73 0.19 15163 Mollusks, cuttlefish, mixed species, raw 1.73<	10020	Pork, fresh, loin, whole, separable lean and fat, raw	1.74	0.06
10947 Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled 1.74 0.05 10989 Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw 1.74 0.05 15176 Mollusks, squid, mixed species, cooked, fried 1.74 2.11 17006 Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked 1.74 0.09 18267 English muffins, whole-wheat, toasted 1.74 0.22 05094 Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted 1.73 0.06 10224 Pork, fresh, enhanced, loin, tenderloin, separable lean and fat, raw 1.73 0.06 10944 Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw 1.73 0.06 14041 Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink 1.73 0.19 15163 Mollusks, cuttlefish, mixed species, raw 1.73 0.23 2016 Corn flour, whole-grain, yellow 1.73 0.23 20316 Corn flour, whole-grain, white 1.73 0.23 23445 Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw 1.72	10910	Pork, cured, ham water added, slice, bone-in, separable lean and fat, unheated	1.74	0.18
10989 Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw 1.74 0.05 15176 Mollusks, squid, mixed species, cooked, fried 1.74 2.11 17006 Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked 1.74 0.09 18267 English muffins, whole-wheat, toasted 1.73 0.06 10294 Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted 1.73 0.06 10244 Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw 1.73 0.06 10944 Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw 1.73 0.06 14041 Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink 1.73 0.05 14041 Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink 1.73 0.59 20016 Corn flour, whole-grain, yellow 1.73 0.23 20316 Corn flour, whole-grain, white 1.73 0.23 23445 Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw 1.72 0.09 28376 VAN'S, The	10913	Pork, cured, ham water added, rump, bone-in, separable lean and fat, heated, roasted	1.74	0.12
15176 Mollusks, squid, mixed species, cooked, fried 1.74 2.11 17006 Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked 1.74 0.09 18267 English muffins, whole-wheat, toasted 1.74 0.22 05094 Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted 1.73 0.06 10224 Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw 1.73 0.06 10944 Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw 1.73 0.10 10998 Canadian bacon, cooked, pan-fried 1.73 0.06 14041 Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink 1.73 0.19 15163 Mollusks, cuttlefish, mixed species, raw 1.73 0.59 20016 Corn flour, whole-grain, yellow 1.73 0.23 20316 Corn flour, whole-grain, white 1.73 0.23 23445 Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw 1.72 0.09 28376 VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free 1.72 0.28	10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	1.74	0.06
17006 Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked 1.74 0.09 18267 English muffins, whole-wheat, toasted 1.74 0.22 05094 Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted 1.73 0.06 10224 Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw 1.73 0.06 10944 Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw 1.73 0.10 10998 Canadian bacon, cooked, pan-fried 1.73 0.06 14041 Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink 1.73 0.19 15163 Mollusks, cuttlefish, mixed species, raw 1.73 0.59 20016 Corn flour, whole-grain, yellow 1.73 0.23 20316 Corn flour, whole-grain, white 1.73 0.23 23445 Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw 1.72 0.09 28376 VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free 1.72 0.28	10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	1.74	0.05
18267 English muffins, whole-wheat, toasted 1.74 0.22 05094 Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted 1.73 0.06 10224 Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw 1.73 0.06 10944 Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw 1.73 0.10 10998 Canadian bacon, cooked, pan-fried 1.73 0.06 14041 Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink 1.73 0.19 15163 Mollusks, cuttlefish, mixed species, raw 1.73 0.59 20016 Corn flour, whole-grain, yellow 1.73 0.23 20316 Corn flour, whole-grain, white 1.73 0.23 23445 Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw 1.72 0.09 28376 VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free 1.72 0.28	15176	Mollusks, squid, mixed species, cooked, fried	1.74	2.11
05094 Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted 1.73 0.06 10224 Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw 1.73 0.06 10944 Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw 1.73 0.10 10998 Canadian bacon, cooked, pan-fried 1.73 0.06 14041 Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink 1.73 0.19 15163 Mollusks, cuttlefish, mixed species, raw 1.73 0.59 20016 Corn flour, whole-grain, yellow 1.73 0.23 20316 Corn flour, whole-grain, white 1.73 0.23 23445 Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw 1.72 0.09 28376 VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free 1.72 0.28	17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	1.74	0.09
10224Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw1.730.0610944Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw1.730.1010998Canadian bacon, cooked, pan-fried1.730.0614041Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink1.730.1915163Mollusks, cuttlefish, mixed species, raw1.730.5920016Corn flour, whole-grain, yellow1.730.2320316Corn flour, whole-grain, white1.730.2323445Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw1.720.0928376VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free1.720.28	18267	English muffins, whole-wheat, toasted	1.74	0.22
10944Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw1.730.1010998Canadian bacon, cooked, pan-fried1.730.0614041Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink1.730.1915163Mollusks, cuttlefish, mixed species, raw1.730.5920016Corn flour, whole-grain, yellow1.730.2320316Corn flour, whole-grain, white1.730.2323445Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw1.720.0928376VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free1.720.28	05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	1.73	0.06
10998Canadian bacon, cooked, pan-fried1.730.0614041Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink1.730.1915163Mollusks, cuttlefish, mixed species, raw1.730.5920016Corn flour, whole-grain, yellow1.730.2320316Corn flour, whole-grain, white1.730.2323445Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw1.720.0928376VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free1.720.28	10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	1.73	0.06
Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink 1.73 0.19 15163 Mollusks, cuttlefish, mixed species, raw 1.73 0.59 20016 Corn flour, whole-grain, yellow 1.73 0.23 20316 Corn flour, whole-grain, white 1.73 0.23 23445 Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw 1.72 0.09 28376 VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free	10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	1.73	0.10
Mollusks, cuttlefish, mixed species, raw 1.73 0.59 Corn flour, whole-grain, yellow 1.73 0.23 Corn flour, whole-grain, white 1.73 0.23 Eggin flour, whole-grain, white 1.73 0.23 VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free 1.72 0.28	10998	Canadian bacon, cooked, pan-fried	1.73	0.06
20016Corn flour, whole-grain, yellow1.730.2320316Corn flour, whole-grain, white1.730.2323445Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw1.720.0928376VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free1.720.28	14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	1.73	0.19
Corn flour, whole-grain, white 1.73 0.23 23445 Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw 1.72 0.09 28376 VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free 1.72 0.28	15163	Mollusks, cuttlefish, mixed species, raw	1.73	0.59
Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw 1.72 0.09 VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free 1.72 0.28	20016	Corn flour, whole-grain, yellow	1.73	0.23
VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free 1.72 0.28	20316	Corn flour, whole-grain, white	1.73	0.23
	23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	1.72	0.09
42237 Cereals ready-to-eat, WEETABIX whole grain cereal 1.72 0.62	28376	VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free	1.72	0.28
	42237	Cereals ready-to-eat, WEETABIX whole grain cereal	1.72	0.62

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
43299	Soybean, curd cheese	1.72	0.38
05146	Goose, domesticated, meat and skin, raw	1.72	0.27
05186	Turkey, all classes, light meat, cooked, roasted	1.72	0.06
05220	Turkey, breast, from whole bird, meat only, roasted	1.72	0.06
05228	Turkey, wing, from whole bird, meat only, roasted	1.72	0.06
05739	Turkey, drumstick, from whole bird, meat only, roasted	1.72	0.06
07003	Beerwurst, beer salami, pork	1.72	0.05
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	1.72	0.24
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	1.72	0.07
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	1.72	0.10
15001	Fish, anchovy, european, raw	1.72	0.21
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	1.71	0.07
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	1.71	0.06
15250	Mollusks, conch, baked or broiled	1.71	0.44
20114	Noodles, japanese, soba, dry	1.71	0.23
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	1.71	0.17
23640	Beef, variety meats and by-products, tripe, cooked, simmered	1.71	0.00
28313	Rolls, hamburger or hot dog, whole wheat	1.71	0.24
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	1.70	0.40
28397	Bread, multi-grain (includes whole-grain)	1.70	0.28
03009	Babyfood, meat, ham, junior	1.70	0.07
05704	Turkey, whole, meat only, with added solution, raw	1.70	0.07
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	1.70	0.20
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	1.70	0.24
08393	Cereals ready-to-eat, KASHI GOLEAN	1.70	1.45
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	1.70	
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	1.70	
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	1.70	0.08
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	1.70	0.07
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	1.70	0.06
13321	Beef, variety meats and by-products, heart, raw	1.70	0.40
16507	LOMA LINDA Redi-Burger, canned, unprepared	1.70	
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	1.69	0.06
14353	Beverages, tea, instant, decaffeinated, unsweetened	1.69	0.55
14366	Beverages, tea, instant, unsweetened, powder	1.69	0.55
05111	Canada Goose, breast meat, skinless, raw	1.68	0.44

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
05706	Turkey, whole, meat and skin, with added solution, raw	1.68	0.07
07058	Pickle and pimiento loaf, pork	1.68	0.10
15166	Mollusks, octopus, common, raw	1.68	0.44
17145	Game meat, antelope, cooked, roasted	1.68	0.21
20031	Millet, raw	1.68	0.75
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	1.68	0.10
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	1.67	0.17
19216	Candies, praline, prepared-from-recipe	1.67	0.49
20067	Sorghum grain	1.67	0.28
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	1.67	0.11
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	1.67	0.03
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	1.67	0.07
07038	Knackwurst, knockwurst, pork, beef	1.66	0.06
07972	Meatballs, frozen, Italian style	1.66	0.12
10128	Pork, cured, breakfast strips, raw or unheated	1.66	0.06
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	1.66	0.14
16160	Tofu, hard, prepared with nigari	1.66	0.33
21018	Fast foods, egg, scrambled	1.66	0.07
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	1.66	0.12
20087	Wheat, sprouted	1.65	0.26
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	1.65	0.09
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	1.65	0.10
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	1.65	0.23
01250	Nutritional supplement for people with diabetes, liquid	1.65	0.22
05119	Chicken, roasting, dark meat, meat only, raw	1.65	0.06
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	1.65	0.06
06128	Soup, chicken noodle, dry, mix	1.65	0.29
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	1.65	0.12
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	1.65	0.17
15099	Fish, smelt, rainbow, raw	1.65	0.14
17373	Lamb, New Zealand, imported, heart, raw	1.65	0.41
18078	Bread, whole-wheat, prepared from recipe, toasted	1.65	0.28
01188	KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce	1.64	
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	1.64	0.04
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	1.64	0.05
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	1.64	0.07

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	1.64	0.08
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	1.64	0.10
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	1.64	0.10
13329	Beef, variety meats and by-products, lungs, cooked, braised	1.64	0.22
15271	Crustaceans, shrimp, cooked (not previously frozen)	1.64	0.38
18232	Crackers, wheat, regular	1.64	0.27
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	1.64	0.10
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	1.64	0.11
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	1.64	0.11
28324	Pancakes, whole wheat, dry mix, incomplete	1.64	0.28
20648	Sorghum flour, whole-grain	1.63	0.25
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	1.63	0.10
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	1.63	0.11
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	1.63	0.12
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	1.63	0.05
05105	Chicken, broilers or fryers, wing, meat only, raw	1.63	0.04
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	1.63	0.17
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	1.63	0.08
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	1.63	0.26
15177	Mollusks, whelk, unspecified, raw	1.63	1.03
11990	Wasabi, root, raw	1.62	0.16
15025	Fish, eel, mixed species, raw	1.62	0.02
18045	Bread, pumpernickel, toasted	1.62	0.32
19080	Candies, semisweet chocolate	1.62	0.70
19701	Candies, semisweet chocolate, made with butter	1.62	0.70
28319	Bagels, whole grain white	1.62	0.16
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	1.62	0.06
18360	Taco shells, baked	1.61	0.11
19141	Candies, MARS SNACKFOOD US, M& M's Milk Chocolate Candies	1.61	0.34
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	1.61	0.29
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	1.61	0.13
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	1.61	0.07
07974	Bacon, turkey, low sodium	1.61	0.06
13328	Beef, variety meats and by-products, lungs, raw	1.61	0.26
17189	Veal, variety meats and by-products, brain, cooked, braised	1.61	0.26
17216	Veal, variety meats and by-products, spleen, raw	1.61	0.17

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	1.60	0.05
06101	Soup, cream of vegetable, dry, powder	1.60	0.40
07083	Sausage, Vienna, canned, chicken, beef, pork	1.60	0.03
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	1.60	0.20
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	1.60	0.28
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	1.60	
08608	Cereals ready-to-eat, KASHI Berry Blossom	1.60	
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	1.60	0.06
10856	HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork	1.60	0.10
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	1.60	0.11
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	1.60	0.13
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	1.60	0.47
15164	Mollusks, mussel, blue, raw	1.60	0.09
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	1.60	
18266	English muffins, whole-wheat	1.60	0.21
18428	Crackers, wheat, low salt	1.60	0.32
19406	Snacks, granola bars, soft, uncoated, nut and raisin	1.60	0.38
21253	BURGER KING, WHOPPER, with cheese	1.60	0.05
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	1.60	0.12
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	1.60	0.51
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	1.60	0.36
43131	Luncheon slices, meatless	1.60	0.91
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	1.59	0.10
01156	Cheese, goat, hard type	1.59	0.63
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	1.59	0.05
07953	Pork sausage, link/patty, fully cooked, microwaved	1.59	0.08
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	1.59	0.26
10001	Pork, fresh, carcass, separable lean and fat, raw	1.59	0.06
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	1.59	0.06
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	1.59	0.11
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	1.59	0.31
15018	Fish, cod, Atlantic, dried and salted	1.59	0.18
01141	Egg, turkey, whole, fresh, raw	1.58	0.06
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	1.58	0.05
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	1.58	0.06
07028	Ham, sliced, packaged (96% fat free, water added)	1.58	0.20

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	1.58	0.20
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	1.58	0.21
19016	Snacks, granola bars, hard, almond	1.58	0.13
19220	Desserts, rennin, chocolate, dry mix	1.58	0.74
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	1.58	0.17
43483	Millet, puffed	1.58	0.70
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	1.57	0.12
28306	Bread, chapati or roti, plain, commercially prepared	1.57	0.25
05191	Turkey, all classes, breast, meat and skin, raw	1.57	0.07
05338	USDA Commodity, Chicken, canned, meat only, with broth	1.57	0.06
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	1.57	0.06
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	1.57	0.06
10146	Pork, cured, ham, patties, unheated	1.57	0.07
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	1.57	0.05
11683	Carrot, dehydrated	1.57	0.37
16426	Tofu, raw, firm, prepared with calcium sulfate	1.57	0.38
17177	Game meat, rabbit, domesticated, composite of cuts, raw	1.57	0.14
06026	Soup, chili beef, canned, condensed	1.56	0.30
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	1.56	0.11
16003	Beans, adzuki, mature seeds, canned, sweetened	1.56	0.26
16132	Tofu, salted and fermented (fuyu)	1.56	0.38
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	1.56	0.38
19858	Candies, sugar-coated almonds	1.56	0.59
20015	Corn bran, crude	1.56	0.25
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	1.56	0.11
19138	Candies, truffles, prepared-from-recipe	1.55	0.37
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	1.55	0.14
90240	Mollusks, scallop, (bay and sea), cooked, steamed	1.55	0.03
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	1.55	0.05
05337	USDA Commodity, Chicken, canned, meat only, with water	1.55	0.05
07969	Kielbasa, fully cooked, pan-fried	1.55	0.06
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	1.55	0.06
15108	Fish, sunfish, pumpkin seed, raw	1.55	0.30
17218	Veal, variety meats and by-products, thymus, raw	1.55	0.08
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	1.55	0.15
05011	Chicken, broilers or fryers, meat only, raw	1.54	0.05

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
05195	Turkey, all classes, wing, meat and skin, raw	1.54	0.08
06122	Gravy, mushroom, dry, powder	1.54	0.54
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	1.54	0.10
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	1.54	0.10
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	1.54	0.10
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	1.54	0.23
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	1.53	0.34
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	1.53	0.41
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	1.53	0.10
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	1.53	0.10
05156	Pheasant, leg, meat only, raw	1.53	0.11
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	1.53	0.04
05310	Chicken, cornish game hens, meat only, cooked, roasted	1.53	0.06
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	1.53	0.05
07968	Kielbasa, fully cooked, grilled	1.53	0.06
15175	Mollusks, squid, mixed species, raw	1.53	1.89
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	1.53	0.35
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	1.53	0.35
05114	Chicken, roasting, meat only, cooked, roasted	1.52	0.06
05711	Turkey, retail parts, breast, meat only, cooked, roasted	1.52	0.06
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	1.52	0.06
07914	Sausage, Italian, sweet, links	1.52	0.04
18042	Bread, pita, whole-wheat	1.52	0.29
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	1.52	0.12
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	1.52	0.11
28322	Bagels, multigrain	1.52	0.24
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	1.51	0.10
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	1.51	0.37
25064	Snacks, potato chips, lightly salted	1.51	0.30
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	1.51	0.08
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	1.51	0.20
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	1.51	0.06
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	1.51	0.07
07940	Macaroni and cheese loaf, chicken, pork and beef	1.51	0.11
11248	Lentils, sprouted, raw	1.51	0.35
01186	Cheese, cream, fat free	1.50	0.04

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
03212	Babyfood, cereal, rice, with bananas, dry	1.50	0.25
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	1.50	0.06
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	1.50	0.34
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	1.50	0.33
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	1.50	
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	1.50	0.41
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	1.50	
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	1.50	0.31
10852	HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored	1.50	0.10
10855	HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork	1.50	0.10
16138	Falafel, home-prepared	1.50	0.26
16500	LOMA LINDA Little Links, canned, unprepared	1.50	
16509	LOMA LINDA Linketts, canned, unprepared	1.50	
18077	Bread, whole-wheat, prepared from recipe	1.50	0.25
18222	Crackers, melba toast, wheat	1.50	0.26
18284	Muffins, wheat bran, dry mix	1.50	0.20
18977	KASHI, TLC, Toasted Asiago Crackers	1.50	
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	1.50	
19020	Snacks, granola bars, soft, uncoated, plain	1.50	0.27
19081	Candies, sweet chocolate	1.50	0.57
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	1.50	0.08
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	1.50	0.08
25025	Snacks, soy chips or crisps, salted	1.50	2.46
36603	Restaurant, Chinese, beef and vegetables	1.50	0.05
42129	Bologna, beef and pork, low fat	1.50	0.08
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	1.49	0.11
21505	Pizza, cheese topping, thin crust, frozen, cooked	1.49	0.09
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	1.49	0.08
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	1.49	0.08
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	1.49	0.45
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	1.49	0.85
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	1.49	0.06
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	1.49	0.06
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	1.49	0.06
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	1.49	0.06
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	1.49	0.06

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	1.48	0.06
07045	Luncheon meat, pork, canned	1.48	0.04
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	1.48	0.26
12071	Nuts, almond paste	1.48	0.45
15008	Fish, carp, raw	1.48	0.06
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	1.48	0.58
17285	Lamb, Australian, imported, fresh, separable fat, cooked	1.48	0.06
18044	Bread, pumpernickel	1.48	0.29
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	1.48	0.11
35147	Tamales (Navajo)	1.48	0.06
43441	Rolls, pumpernickel	1.48	0.29
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	1.47	0.32
19353	Syrups, maple	1.47	0.02
21012	Fast foods, croissant, with egg, cheese, and bacon	1.47	0.08
42139	Granola bar, soft, milk chocolate coated, peanut butter	1.47	0.32
01140	Egg, quail, whole, fresh, raw	1.47	0.06
05075	Chicken, broilers or fryers, leg, meat and skin, raw	1.47	0.05
05332	Chicken, ground, raw	1.47	0.06
17193	Veal, variety meats and by-products, heart, raw	1.47	0.34
18065	Bread, wheat, toasted	1.47	0.20
05300	Turkey sticks, breaded, battered, fried	1.46	0.07
14192	Beverages, Cocoa mix, powder	1.46	0.29
15158	Mollusks, clam, mixed species, cooked, breaded and fried	1.46	0.36
16009	Beans, baked, canned, with pork	1.46	0.22
16107	Sausage, meatless	1.46	0.25
18385	Bread, wheat germ, toasted	1.46	0.20
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	1.46	0.19
18966	Crackers, saltines, whole wheat (includes multi-grain)	1.46	0.27
21008	Fast foods, biscuit, with ham	1.46	0.03
25028	Tortilla chips, yellow, plain, salted	1.46	0.10
35140	Bread, kneel down (Navajo)	1.46	0.10
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	1.45	0.32
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	1.45	0.13
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	1.45	0.08
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	1.45	0.12
28361	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar	1.45	0.13

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
32024	Rice mix, cheese flavor, dry mix, unprepared	1.45	0.19
42190	Pork sausage rice links, brown and serve, cooked	1.45	0.07
05112	Chicken, roasting, meat and skin, cooked, roasted	1.45	0.06
07967	Pork sausage, link/patty, fully cooked, unheated	1.45	0.07
18079	Bread crumbs, dry, grated, plain	1.45	0.26
16136	Winged beans, mature seeds, cooked, boiled, without salt	1.44	0.77
16436	Winged beans, mature seeds, cooked, boiled, with salt	1.44	0.77
18971	Bread, potato	1.44	0.09
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	1.44	0.10
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	1.44	0.08
18376	Bread crumbs, dry, grated, seasoned	1.43	0.24
19058	Snacks, tortilla chips, ranch-flavor	1.43	0.10
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	1.43	0.53
20048	Rice, white, long-grain, precooked or instant, enriched, dry	1.43	0.18
21013	Fast foods, croissant, with egg, cheese, and ham	1.43	0.08
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	1.43	0.07
07061	Mother's loaf, pork	1.43	0.09
07923	Bratwurst, chicken, cooked	1.43	0.05
12204	Nuts, chestnuts, japanese, roasted	1.43	0.73
15061	Fish, perch, mixed species, cooked, dry heat	1.43	0.19
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	1.42	
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	1.42	0.05
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	1.42	0.18
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	1.42	0.18
11978	Peppers, ancho, dried	1.42	0.51
13341	Beef, variety meats and by-products, tripe, raw	1.42	0.07
21488	Fast foods, quesadilla, with chicken	1.42	0.08
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	1.42	0.17
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	1.41	0.31
20120	Pasta, dry, enriched	1.41	0.29
20420	Pasta, dry, unenriched	1.41	0.29
25038	Snacks, granola bars, soft, almond, confectioners coating	1.41	0.34
01138	Egg, duck, whole, fresh, raw	1.41	0.06
05277	Chicken, canned, meat only, with broth	1.41	0.05
06142	Sauce, sofrito, prepared from recipe	1.41	0.16
12094	Nuts, chestnuts, chinese, dried	1.41	0.59

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
03186	Babyfood, cereal, mixed, with bananas, dry	1.40	0.26
05125	Chicken, stewing, meat only, raw	1.40	0.09
06127	Gravy, unspecified type, dry	1.40	0.10
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	1.40	0.38
10853	HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored	1.40	0.10
11982	Peppers, pasilla, dried	1.40	0.42
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	1.40	0.27
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	1.40	0.16
18448	Taco shells, baked, without added salt	1.40	0.12
20095	Pasta, fresh-refrigerated, spinach, as purchased	1.40	0.20
20113	Noodles, chinese, chow mein	1.40	0.17
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	1.40	0.11
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	1.40	0.11
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	1.40	0.10
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	1.40	
22908	Beef, corned beef hash, with potato, canned	1.40	0.00
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	1.40	0.38
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	1.40	
43134	Vegetarian fillets	1.40	0.92
43449	Beans, baked, canned, no salt added	1.40	0.21
43529	Babyfood, rice and apples, dry	1.40	0.37
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	1.39	0.14
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	1.39	0.14
32020	Chicken, thighs, frozen, breaded, reheated	1.39	0.12
01128	Egg, whole, cooked, fried	1.39	0.08
06120	Gravy, chicken, dry	1.39	0.11
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	1.39	0.19
08610	Cereals ready-to-eat, KASHI Honey Sunshine	1.39	0.20
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	1.39	
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	1.39	
18260	English muffins, mixed-grain (includes granola)	1.39	0.24
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	1.38	0.06
07051	Olive loaf, pork	1.38	0.05
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	1.38	0.27
16050	Beans, white, mature seeds, cooked, boiled, without salt	1.38	0.29
16077	Lupins, mature seeds, cooked, boiled, without salt	1.38	0.23

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
16350	Beans, white, mature seeds, cooked, boiled, with salt	1.38	0.29
16377	Lupins, mature seeds, cooked, boiled, with salt	1.38	0.23
18384	Bread, rice bran, toasted	1.38	0.18
19056	Snacks, tortilla chips, plain, white corn, salted	1.38	0.10
19057	Snacks, tortilla chips, nacho cheese	1.38	0.10
21011	Fast foods, croissant, with egg and cheese	1.38	0.07
21267	TACO BELL, BURRITO SUPREME with steak	1.38	0.12
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	1.38	
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	1.37	0.07
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	1.37	0.09
21486	Fast foods, taco with beef, cheese and lettuce, soft	1.37	0.07
43283	Pheasant, cooked, total edible	1.37	0.08
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	1.37	0.09
05353	USDA Commodity, chicken fajita strips, frozen	1.37	0.03
10866	Pork, cured, ham water added, rump, bone-in, separable lean only, unheated	1.37	0.09
11212	Edamame, frozen, prepared	1.37	0.34
05139	Duck, domesticated, meat and skin, raw	1.36	0.24
15042	Fish, herring, Atlantic, kippered	1.36	0.14
17186	Lamb, variety meats and by-products, brain, cooked, braised	1.36	0.21
18221	Crackers, melba toast, rye (includes pumpernickel)	1.36	0.40
21083	Fast foods, taco salad	1.36	0.11
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	1.36	0.10
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	1.36	0.08
22902	Pizza, meat topping, thick crust, frozen, cooked	1.36	0.11
22998	Rice and vermicelli mix, chicken flavor, unprepared	1.36	0.18
28317	Bread, wheat, sprouted, toasted	1.36	0.23
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	1.35	0.11
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	1.35	0.23
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	1.35	0.26
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	1.35	0.26
36043	CARRABBA'S ITALIAN GRILL, lasagne	1.35	0.07
07029	Ham, sliced, regular (approximately 11% fat)	1.35	0.09
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	1.35	0.21
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	1.35	0.21
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	1.35	0.22
18055	Bread, reduced-calorie, wheat	1.35	0.17

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
18066	Bread, wheat bran	1.35	0.22
01037	Cheese, ricotta, part skim milk	1.34	0.03
07957	Pork and turkey sausage, pre-cooked	1.34	0.11
15270	Crustaceans, shrimp, raw (not previously frozen)	1.34	0.39
18057	Bread, reduced-calorie, white	1.34	0.33
19132	Candies, milk chocolate, with almonds	1.34	0.42
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	1.34	0.20
20089	Wild rice, cooked	1.34	0.12
20125	Pasta, whole-wheat, cooked	1.34	0.22
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	1.34	0.13
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	1.34	0.10
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	1.34	0.08
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	1.34	0.09
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	1.34	
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	1.34	0.16
32000	Rice and vermicelli mix, beef flavor, unprepared	1.34	0.19
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	1.34	0.17
18973	Focaccia, Italian flatbread, plain	1.33	0.09
20065	Rye flour, light	1.33	0.21
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	1.33	0.11
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	1.33	0.08
25060	Snack, Pretzel, hard chocolate coated	1.33	0.26
01139	Egg, goose, whole, fresh, raw	1.33	0.06
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	1.33	0.06
06626	Sauce, pesto, ready-to-serve, refrigerated	1.33	0.08
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	1.33	0.08
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	1.33	0.06
10912	Pork, cured, ham water added, rump, bone-in, separable lean and fat, unheated	1.33	0.09
11269	Mushrooms, shiitake, cooked, without salt	1.33	0.90
11798	Mushrooms, shiitake, cooked, with salt	1.33	0.90
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	1.33	0.28
01171	Egg, whole, raw, frozen, pasteurized	1.32	0.05
05133	Chicken, capons, meat and skin and giblets and neck, raw	1.32	0.06
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	1.32	0.20
11211	Edamame, frozen, unprepared	1.32	0.32
11988	Fungi, Cloud ears, dried	1.32	0.18

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
15206	Fish, pout, ocean, cooked, dry heat	1.32	0.04
19268	Candies, dark chocolate coated coffee beans	1.32	0.56
21224	Pizza, cheese topping, regular crust, frozen, cooked	1.32	0.23
21225	Pizza, cheese topping, rising crust, frozen, cooked	1.32	0.26
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	1.32	0.11
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	1.32	0.14
36041	Restaurant, Italian, lasagna with meat	1.32	0.07
18363	Tortillas, ready-to-bake or -fry, corn	1.31	0.15
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	1.31	0.12
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	1.31	0.10
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	1.31	0.51
36042	OLIVE GARDEN, lasagna classico	1.31	0.06
36056	Restaurant, Mexican, cheese tamales	1.31	0.06
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	1.31	0.10
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	1.31	0.10
05006	Chicken, broilers or fryers, meat and skin, raw	1.31	0.05
05309	Chicken, cornish game hens, meat only, raw	1.31	0.05
07074	Smoked link sausage, pork	1.31	0.18
07978	Pork sausage, reduced sodium, cooked	1.31	0.05
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	1.31	0.05
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	1.31	0.07
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	1.31	0.19
18059	Bread, rice bran	1.31	0.18
01255	Egg, whole, raw, frozen, salted, pasteurized	1.30	0.06
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	1.30	0.00
05696	Turkey from whole, light meat, meat only, with added solution, raw	1.30	0.05
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	1.30	0.05
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	1.30	0.05
06049	Soup, pea, green, canned, condensed	1.30	0.29
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	1.30	0.10
07005	Blood sausage	1.30	0.04
07011	Bologna, turkey	1.30	0.07
08025	Cereals ready-to-eat, RALSTON CRISP RICE	1.30	0.15
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	1.30	0.34
10854	HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored	1.30	0.00
12131	Nuts, macadamia nuts, raw	1.30	0.76

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
15145	Crustaceans, crayfish, mixed species, wild, raw	1.30	0.42
16506	LOMA LINDA Vege-Burger, canned, unprepared	1.30	
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	1.30	0.15
19022	Snacks, granola bars, soft, uncoated, raisin	1.30	0.28
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	1.30	0.35
19404	Snacks, granola bars, soft, uncoated, chocolate chip	1.30	0.27
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	1.30	0.28
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	1.30	0.12
21503	KASHI Pizza, Mediterranean, frozen, unprepared	1.30	
28066	KEEBLER, CLUB, Minis Multigrain Crackers	1.30	
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	1.30	
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	1.30	0.16
36618	Restaurant, Chinese, general tso's chicken	1.30	0.05
43135	Sandwich spread, meatless	1.30	0.65
19003	Snacks, corn-based, extruded, chips, plain	1.29	0.10
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	1.29	0.27
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	1.29	0.08
21357	McDONALD'S, Egg McMUFFIN	1.29	0.08
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	1.29	0.10
01123	Egg, whole, raw, fresh	1.29	0.07
01131	Egg, whole, cooked, poached	1.29	0.07
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	1.29	0.05
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	1.29	0.06
07970	Kielbasa, fully cooked, unheated	1.29	0.07
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	1.29	0.25
12132	Nuts, macadamia nuts, dry roasted, without salt added	1.29	0.57
12632	Nuts, macadamia nuts, dry roasted, with salt added	1.29	0.57
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	1.29	0.27
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	1.29	0.27
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	1.28	0.10
05109	Chicken, roasting, meat and skin and giblets and neck, raw	1.28	0.06
05185	Turkey from whole, light meat, raw	1.28	0.07
05219	Turkey, breast, from whole bird, meat only, raw	1.28	0.07
05227	Turkey, wing, from whole bird, meat only, raw	1.28	0.07
05738	Turkey, drumstick, from whole bird, meat only, raw	1.28	0.07
07952	Bologna, chicken, turkey, pork	1.28	0.06

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	1.28	0.30
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	1.28	0.05
15207	Fish, roe, mixed species, cooked, dry heat	1.28	0.13
17144	Game meat, antelope, raw	1.28	0.18
19150	Candies, REESE'S Peanut Butter Cups	1.28	0.24
21358	McDONALD'S, Sausage McMUFFIN	1.28	0.09
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	1.28	0.10
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	1.27	0.15
18940	Muffin, blueberry, commercially prepared, low-fat	1.27	0.08
19063	Snacks, tortilla chips, taco-flavor	1.27	0.19
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	1.27	0.11
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	1.27	0.10
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	1.27	0.11
35237	Tamales, masa and pork filling (Hopi)	1.27	0.09
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	1.27	0.10
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	1.27	0.10
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	1.27	0.05
07964	Frankfurter, meat and poultry, cooked, grilled	1.27	0.04
10096	Pork, fresh, variety meats and by-products, brain, raw	1.27	0.24
15040	Fish, herring, Atlantic, cooked, dry heat	1.27	0.12
15223	Fish, whitefish, mixed species, cooked, dry heat	1.27	0.09
16070	Lentils, mature seeds, cooked, boiled, without salt	1.27	0.25
16370	Lentils, mature seeds, cooked, boiled, with salt	1.27	0.25
01164	Cheese sauce, prepared from recipe	1.26	0.02
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	1.26	0.06
05048	Chicken, broilers or fryers, back, meat and skin, raw	1.26	0.05
06126	Gravy, turkey, dry	1.26	0.13
07075	Sausage, smoked link sausage, pork and beef	1.26	0.08
16147	Veggie burgers or soyburgers, unprepared	1.26	0.20
19124	Baking chocolate, mexican, squares	1.26	0.67
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	1.26	0.11
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	1.26	0.09
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	1.25	0.22
19420	Snacks, granola bars, hard, peanut butter	1.25	0.22
19917	Candies, M&M MARS Pretzel Chocolate Candies	1.25	0.27
20141	Spelt, cooked	1.25	0.22

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	1.25	0.15
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	1.25	0.08
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	1.25	0.10
28316	Bread, wheat, sprouted	1.25	0.21
05181	Turkey from whole, light meat, meat and skin, raw	1.25	0.07
07963	Frankfurter, meat and poultry, cooked, boiled	1.25	0.04
18061	Bread, rye, toasted	1.25	0.20
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	1.24	0.05
11304	Peas, green, raw	1.24	0.18
13020	Beef, retail cuts, separable fat, cooked	1.24	0.04
18025	Bread, cracked-wheat	1.24	0.22
19038	Snacks, popcorn, caramel-coated, with peanuts	1.24	0.30
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	1.24	0.11
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	1.24	0.12
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	1.24	0.14
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	1.24	0.48
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	1.24	0.12
22928	Burrito, beef and bean, microwaved	1.24	0.23
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	1.24	0.16
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	1.23	0.15
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	1.23	0.27
18952	Tostada shells, corn	1.23	0.15
19913	Candies, NESTLE, BUTTERFINGER Crisp	1.23	0.42
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	1.23	0.19
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	1.23	0.31
32016	Macaroni or noodles with cheese, microwaveable, unprepared	1.23	0.19
05018	Chicken, broilers or fryers, skin only, cooked, roasted	1.23	0.06
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	1.23	0.05
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	1.23	0.05
06009	Soup, beef noodle, canned, condensed	1.23	0.11
06071	Soup, vegetable beef, canned, condensed	1.23	0.14
10130	Canadian bacon, unprepared	1.23	0.05
11445	Seaweed, kelp, raw	1.23	0.13
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	1.22	0.05
07959	Bologna, chicken, pork, beef	1.22	0.06
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	1.22	0.05

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	1.22	0.12
18265	English muffins, wheat, toasted	1.22	0.16
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	1.22	0.08
20093	Pasta, fresh-refrigerated, plain, as purchased	1.22	0.23
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	1.22	0.11
21359	McDONALD'S, Sausage McMUFFIN with Egg	1.22	0.09
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	1.21	0.08
22962	LEAN POCKETS, Ham N Cheddar	1.21	0.08
32011	Yellow rice with seasoning, dry packet mix, unprepared	1.21	0.27
03012	Babyfood, meat, chicken, strained	1.21	0.04
05100	Chicken, broilers or fryers, wing, meat and skin, raw	1.21	0.03
05152	Guinea hen, meat only, raw	1.20	0.04
07900	Turkey, pork, and beef sausage, low fat, smoked	1.20	0.13
07950	Frankfurter, meat	1.20	0.10
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Camp; Yogurt	1.20	0.31
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	1.20	0.58
16007	Beans, baked, canned, with beef	1.20	0.30
16523	WORTHINGTON Vegetarian Burger, canned, unprepared	1.20	
16529	WORTHINGTON FriPats, frozen, unprepared	1.20	
16534	WORTHINGTON Stakelets, frozen, unprepared	1.20	
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	1.20	
16549	MORNINGSTAR FARMS Grillers Prime, frozen, unprepared	1.20	
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	1.20	
17208	Veal, variety meats and by-products, lungs, cooked, braised	1.20	0.22
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	1.20	0.18
20054	Rice, white, glutinous, unenriched, uncooked	1.20	0.17
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	1.20	5.10
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	1.20	0.22
28101	KEEBLER, Cinnamon Toast Grahams	1.20	
28159	KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan	1.20	
36412	Restaurant, Latino, tamale, pork	1.20	0.05
43130	Frankfurter, meatless	1.20	0.71
19118	Candies, NESTLE, OH HENRY! Bar	1.19	0.35
21020	Fast foods, english muffin, with cheese and sausage	1.19	0.25
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	1.19	0.13
21158	Fast foods, submarine sandwich, meatball marinara on white bread	1.19	0.13

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
35145	Stew, hominy with mutton (Navajo)	1.19	0.05
02030	Spices, pepper, black	1.19	1.33
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	1.19	0.11
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	1.19	0.04
05113	Chicken, roasting, meat only, raw	1.19	0.05
05123	Chicken, stewing, meat and skin, raw	1.19	0.07
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	1.19	0.16
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	1.19	0.05
11305	Peas, green, cooked, boiled, drained, without salt	1.19	0.17
11811	Peas, green, cooked, boiled, drained, with salt	1.19	0.17
18050	Bread, reduced-calorie, oat bran, toasted	1.19	0.15
18064	Bread, wheat	1.19	0.16
18214	Crackers, cheese, regular	1.19	0.12
18297	Pancakes, special dietary, dry mix	1.19	0.14
01074	Sour cream, imitation, cultured	1.18	0.06
01076	Milk substitutes, fluid, with lauric acid oil	1.18	0.05
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	1.18	0.20
10123	Pork, cured, bacon, unprepared	1.18	0.04
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	1.18	0.08
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	1.18	0.08
18383	Bread, protein, (includes gluten), toasted	1.17	0.20
18960	Crackers, snack, GOYA CRACKERS	1.17	0.16
19061	Snacks, trail mix, tropical	1.17	0.53
19418	Snacks, sesame sticks, wheat-based, salted	1.17	0.41
19820	Snacks, sesame sticks, wheat-based, unsalted	1.17	0.41
21270	TACO BELL, Taco Salad	1.17	0.15
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	1.17	0.10
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	1.17	0.19
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	1.17	0.16
42272	Snacks, granola bar, with coconut, chocolate coated	1.17	0.32
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	1.17	0.20
05135	Chicken, capons, meat and skin, raw	1.17	0.05
11452	Soybeans, mature seeds, sprouted, raw	1.17	0.43
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	1.17	0.06
17185	Lamb, variety meats and by-products, brain, raw	1.17	0.24
01036	Cheese, ricotta, whole milk	1.16	0.02

6710 Turksy, studing parks, broats, moral only, naw 1.16 0.05 1727 Veal, variety means and by-products, longs, raw 1.16 0.02 2059 Rice, white, medium-grain, mer, sterriched 1.16 0.01 2050 Rice, white, medium-grain, mer, sterriched 1.16 0.01 2050 Rice, white, medium-grain, mer, sterriched 1.16 0.01 2050 Rice, white, medium-grain, mer, sterriched 1.16 0.02 2050 Rice, white, medium-grain, mer, sterriched 1.16 0.02 2050 Rice, white, medium-grain, mer, sterriched 1.16 0.02 2051 Rice, white, medium-grain, mer, sterriched 1.16 0.02 2052 Chieken, grahum ernckers, plain or boney, broful 1.16 0.02 2051 Chieken, grahum ernckers, plain or boney, broful 1.16 0.08 2051 Chieken, grahum ernckers, plain or boney, broful 1.16 0.02 2052 Chieken, broful schip, boly divided with lass of plain 1.15 0.14 2053 Orolla brofula, chieken, broful, schip, broful schip, broful <td< th=""><th>NDB_No</th><th>Description</th><th>Zinc, Zn(mg) Value Per</th><th>Copper, Cu(mg) Value Per</th></td<>	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
1720	05710	Turkey, retail parts, breast, meat only, raw	1.16	0.05
9000 Rice, white, medium-grain, rus, carriched 1.16 0.11 2045 Rice, white, medium-grain, rus, cureriched 1.16 0.01 2040 Fact foods, biseuit, with eg gand ham 1.16 0.02 28312 Cookies, graham crackers, plain or honey, lowfat 1.16 0.20 28313 Bread, freech or vienna, whole when 1.16 0.08 9151 Crack RAIRAR ST LIAM AG RILL, sicken parmesan without cavatappi pasta 1.15 0.01 9154 Cradius, REPSES DIFECES Camby 1.15 0.41 19433 Totalia chips, low fat, usafaded 1.15 0.11 19433 Sancks, tortilla chips, low fat, usafaded 1.15 0.11 1228 PZZA HUT H* Super Supreme Pizza, Hand-Tosed Crast 1.15 0.15 1239 Sancks, tortilla chips, both fat what less city 1.15 0.01 4336 Sancks, vegrable chips, half NCELISTIAL GROUP, TURRA CHIPS 1.15 0.01 4336 Chick in India Chips, begin (taked with less city) 1.15 0.01 4336 Chail formala, ABIROTT TURTITION PEDIAS IRRS, resuly-to-facul 1	11215	Garlic, raw	1.16	0.30
20450 Rice, white, medium-grain, raw, uneuriched 1.16 0.11 21004 Fast Gook, biscuit, with egg and ham 1.16 0.02 28202 Cookies, graham crackers, plain to thoney, lowfat 1.16 0.03 28218 Bread, french or vicana, whole wheat 1.16 0.03 36057 CARRABAS TIALIAN GRILL, chicken parmesan without cavatappi pasta 1.16 0.03 19433 Tortilla chips, low far, baked without fat 1.15 0.11 19833 Snacks, religible, low far, baked without fat 1.15 0.11 19834 Tortilla chips, low far, baked without fat 1.15 0.11 19835 Snacks, critilla chips, low far, baked without fat 1.15 0.11 19836 Snacks, suggest spread per Secretal factors 1.15 0.15 2030 Snacks, suggest spread per Secretal factors 1.15 0.01 43297 Porf. criental style, debydrated 1.15 0.02 3560 Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed 1.15 0.01 3630 Chicken, broblew or fyers, skin only, cooked, fixief, flour	17207	Veal, variety meats and by-products, lungs, raw	1.16	0.24
21044 Fast foods, beseutt, with egg and ham 1.16 0.07 28302 Cookies, graham crackers, plain or honey, low/rat 1.16 0.20 28318 Bread, french or viewns, whole wheat 1.16 0.08 3637 CARRABBA'S ITALIAN GRILL, chicken parmessa without cavatappi patta 1.16 0.08 1953 Camiles, RFRSKS PIFCE'S Cauly 1.15 0.41 19433 Tortilla chips, low fat, unsalted 1.15 0.01 1953 Snacks, tortilla chips, low fat, unsalted 1.15 0.01 1983 Snacks, tortilla chips, low fat, unsalted 1.15 0.01 21298 PLZA HUT 14" Super Supreme Pizza, Hand-Toosed Crust 1.15 0.01 3230 Snacks, specified chips, HANT CELESTIAL (ROUP, TERRA CHIPS 1.15 0.01 3356 Snacks, tortilla chips, light (back with less oil) 1.15 0.01 3566 Snacks, tortilla chips, light (back with less oil) 1.15 0.01 3577 Chicken, beoliers or Fyers, skin only, cooked, fried, flour 1.15 0.01 3507 Chicken, beoliers or Fyers, skin only, cooked, fried, flo	20050	Rice, white, medium-grain, raw, enriched	1.16	0.11
28302 Cookies, graham crackers, plain or honey, lowfat 1.16 0.20 28318 Bread, french or vienna, whole wheat 1.16 0.018 50675 CARRABBAN STLAJAN GRILL, chicken parmesan without cavatappi pasta 1.16 0.08 19151 Candies, RESES PIECES Candy 1.15 0.41 19433 Tortifac chips, Low far, baked without fat 1.15 0.11 19833 Snacks, tortiflackhips, low far, tunsted 1.15 0.01 21228 PIZZA HUTI 14" Super Supreme Fizza, Iland-Tossed Crust 1.15 0.05 2500 Snacks, tortiflackhips, light (baked with less oil) 1.15 0.06 43297 Pork, oriental style, delydrated 1.15 0.06 43297 Pork, oriental style, delydrated 1.15 0.02 43297 Pork, oriental style, delydrated 1.15 0.02 8306 Snacks, tortiflacthips, light (baked with less oil) 1.15 0.0 8307 Chicken cytonies or fyears, skin only, croxical, friead, flour 1.15 0.0 80307 Chicken, orientes or fyears, skin only, croxical, friead, flour <td< td=""><td>20450</td><td>Rice, white, medium-grain, raw, unenriched</td><td>1.16</td><td>0.11</td></td<>	20450	Rice, white, medium-grain, raw, unenriched	1.16	0.11
2818 Bread, french or vienna, whole wheat 1.16 0.19 5607 CARRABAS ITALIAN GRILL, chicken parmesan without cavatappi pasta 1.16 0.08 1951 Candies, REFSES DIFCES Candy 1.15 0.41 1943 Tortilla chips, low fat, baked without fat 1.15 0.11 1983 Snacks, tortilla chips, low fat, baked without fat 1.15 0.11 2109 PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust 1.15 0.01 21290 Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS 1.15 0.05 43297 Pork, oriental style, dehydrated 1.15 0.05 43298 Snacks, tortilla chips, light toked with less oil 0.15 0.05 43299 Pork, oriental style, dehydrated 1.15 0.12 43290 Snacks, tortilla chips, light toked with less oil 0.16 0.15 43291 Pork, oriental style, dehydrated 1.15 0.10 43292 Chicken, broilers or fiyers, skim only, cooked, fried, flour 1.15 0.12 50310 Chicken, broilers or fiyers, kight mean, m	21004	Fast foods, biscuit, with egg and ham	1.16	0.07
3057 CARRABBAS ITALIAN GRILL, chicken parmesan without cavatappi pasta 1.16 0.08 39151 Candice, REESES PIECES Candy 1.15 0.41 19433 Tortilla chips, low fat, baked without tra 1.15 0.11 19833 Sacks, torilla chips, low fat, unsalted 1.15 0.11 21298 PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust 1.15 0.15 25303 Sacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS 1.15 0.06 33566 Snacks, torilla chips, light (baked with less oil) 1.15 0.06 33660 Shacks, torilla chips, light (baked with less oil) 1.15 0.12 03880 Child formula, ABDOTT NUTRITION, PEDIASURE, ready-to-feed 1.15 0.01 03917 Chicken, cornish game hens, meat and skin, raw 1.15 0.05 0532 Turkey, retull parts, breast, meat and skin, raw 1.15 0.05 0732 Turkey, retull parts, breast, meat and skin, raw 1.15 0.04 1168 Epaw, raw 1.15 0.04 1169 Soybeans, mature cooked, boiled, without salt <td< td=""><td>28302</td><td>Cookies, graham crackers, plain or honey, lowfat</td><td>1.16</td><td>0.20</td></td<>	28302	Cookies, graham crackers, plain or honey, lowfat	1.16	0.20
1915	28318	Bread, french or vienna, whole wheat	1.16	0.19
19433 Tortilla chips, low fat, baked without fat 1.15 0.11 19833 Snacks, tortilla chips, low fat, unsalted 1.15 0.11 21298 PIZZA HUT L4" Super Supreme Pizza, Hand-Tossed Crust 1.15 0.15 25090 Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS 1.15 0.06 43297 Pork, oriental style, debydrated 1.15 0.06 43566 Snacks, tortilla chips, light (baked with less oil) 1.15 0.10 03860 Child formula, ABBOTT NUTRITION, PEDIASURF, ready-to-feed 1.15 0.08 05917 Chicken, broilers or flyers, skin only, cooked, fied, flour 1.15 0.05 05921 Chicken, comish game heus, meat and skin, raw 1.15 0.05 07018 Chicken, spread 1.15 0.05 07018 Chicken, spread 1.15 0.05 1161 Bepaw, raw 1.15 0.04 16109 Soybeans, mature cooked, boiled, without salt 1.15 0.1 16409 Soybeans, mature seeds, cooked, boiled, with salt 1.14 0.08 <t< td=""><td>36057</td><td>CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta</td><td>1.16</td><td>0.08</td></t<>	36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	1.16	0.08
19833 Snacks, torilla chips, low fat, unsalted 1.15 0.11 21298 PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust 1.15 0.15 25030 Snacks, vegetable chips, Haln CELESTIAL GROUP, TERRA CHIPS 1.15 0.06 43297 Pork, oriental style, deltydrated 1.15 0.06 43566 Snacks, tortilla chips, light (baked with less oil) 1.15 0.10 08406 Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed 1.15 0.06 05017 Chicken, broilers or fryers, skin only, cooked, fried, flour 1.15 0.06 05030 Chicken, broilers or fryers, skin only, cooked, fried, flour 1.15 0.06 05031 Chicken, broilers or fryers, skin only, cooked, fried, flour 1.15 0.06 05032 Turkey, retail parts, breast, meat and skin, raw 1.15 0.06 07018 Chicken, spread 1.15 0.04 11618 Eppaw, raw 1.15 0.01 1619 Soybeans, mature scode, cooked, boiled, with salt 1.15 0.01 1620 Hearts of palm, canned 1.14	19151	Candies, REESE'S PIECES Candy	1.15	0.41
21298 PIZZA IIUT 14" Super Supreme Pizza, IIand-Tossed Crust 1.15 0.15 25030 Sacks, vegetable chips, IIAIN CELESTIAL GROUP, TERRA CHIPS 1.15 0.43 43297 Pork, oriental style, dehydrated 1.15 0.06 43266 Sacks, tortilla chips, light (baked with less oil) 1.15 0.12 03860 Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed 1.15 0.08 05307 Chicken, broilers or fryers, skin only, cooked, fried, flour 1.15 0.05 05373 Turkey, retail parts, breast, meat and skin, raw 1.15 0.05 07018 Chicken, cornish game hens, meat and skin, raw 1.15 0.05 07018 Chicken spread 1.15 0.05 11618 Eppaw, raw 1.15 0.04 11619 Soybeans, mature seeds, cooked, boiled, without salt 1.15 0.13 16409 Soybeans, mature seeds, cooked, boiled, with salt 1.15 0.41 00221 Cheese, gjetost 1.14 0.08 03322 Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted <td>19433</td> <td>Tortilla chips, low fat, baked without fat</td> <td>1.15</td> <td>0.11</td>	19433	Tortilla chips, low fat, baked without fat	1.15	0.11
25030 Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS 1.15 0.48 43297 Pork, oriental style, dehydrated 1.15 0.06 43266 Snacks, tortilla chips, light (baked with less oil) 0.12 0.12 03860 Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed 1.15 0.00 05017 Chicken, broilers or fryers, skin only, cooked, fried, flour 1.15 0.05 05037 Chicken, cornish game hens, meat and skin, raw 1.15 0.05 05732 Turkey, retail parts, breast, meat and skin, raw 1.15 0.05 07018 Chicken, spread 1.15 0.05 11610 Hearts of palm, canned 1.15 0.23 11610 Soybeans, mature cooked, boiled, with salt 1.15 0.41 16109 Soybeans, mature seeds, cooked, boiled, with salt 1.15 0.41 16201 Cheese, getost 1.14 0.08 03926 Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted 1.14 0.04 05312 Chicken, wing, Frozen, glazed, barbecue flavored	19833	Snacks, tortilla chips, low fat, unsalted	1.15	0.11
43297 Pork, oriental style, dehydrated 1.15 0.06 43566 Snacks, tortilla chips, light (baked with less oil) 1.15 0.12 03806 Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed 1.15 0.00 05017 Chicken, broilers or fryers, skin only, cooked, fried, flour 1.15 0.08 05307 Chicken, cornish game hens, meat and skin, raw 1.15 0.05 07018 Chicken, spread 1.15 0.04 1164 Eppaw, raw 1.15 0.04 11961 Hearts of palm, canned 1.15 0.04 16109 Soybeans, mature cooked, boiled, without salt 1.15 0.41 16409 Soybeans, mature seeds, cooked, boiled, without salt 1.15 0.41 16101 Chese, gjetost 1.14 0.08 03032 Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed 1.14 0.08 05933 Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed 1.14 0.04 05942 Frankfurter, meat and poultry, unheated 1.14 0.04 <t< td=""><td>21298</td><td>PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust</td><td>1.15</td><td>0.15</td></t<>	21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	1.15	0.15
43566 Snacks, tortilla chips, light (baked with less oil) 1.15 0.12 03860 Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed 1.15 0.00 05017 Chicken, broilers or firgers, skin only, cooked, fried, flour 1.15 0.08 05372 Chicken, cornish game hens, meat and skin, raw 1.15 0.05 05732 Turkey, retail parts, breast, meat and skin, raw 1.15 0.04 07018 Chicken, spread 1.15 0.04 11618 Eppaw, raw 1.15 0.02 11961 Hearts of palm, canned 1.15 0.01 16109 Soybeans, mature cooked, boiled, without salt 1.15 0.41 16409 Soybeans, mature cooked, boiled, with salt 1.15 0.41 10201 Cheese, giests 1.14 0.08 03226 Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted 1.14 0.04 05312 Chicken, wing, frozen, glazed, barbecue flavored 1.14 0.04 07962 Frankfurter, meat and poultry, unbeated 1.14 0.23	25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	1.15	0.43
03860 Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed 1.15 0.00 05017 Chicken, broilers or fryers, skin only, cooked, fried, flour 1.15 0.08 05307 Chicken, cornish game hens, meat and skin, raw 1.15 0.05 05732 Turkey, retail parts, breast, meat and skin, raw 1.15 0.05 07018 Chicken spread 1.15 0.04 11618 Eppaw, raw 1.15 0.23 11961 Hearts of palm, canned 1.15 0.13 16109 Soybeans, mature cooked, boiled, without salt 1.15 0.41 10021 Cheese, gietos 1.15 0.41 00326 Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted 1.14 0.08 05312 Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed 1.14 0.04 07962 Frankfurter, meat and poultry, unheated 1.14 0.04 10895 Pork, cured, ham, separable fat, boneless, heated 1.14 0.13 10896 Pork, cured, ham, separable fat, boneless, unheated 1.14 </td <td>43297</td> <td>Pork, oriental style, dehydrated</td> <td>1.15</td> <td>0.06</td>	43297	Pork, oriental style, dehydrated	1.15	0.06
05017 Chicken, broilers or fryers, skin only, cooked, fried, flour 1.15 0.08 05307 Chicken, cornish game hens, meat and skin, raw 1.15 0.05 05732 Turkey, retail parts, breast, meat and skin, raw 1.15 0.08 07018 Chicken spread 1.15 0.04 11618 Eppaw, raw 1.15 0.23 11961 Hearts of palm, canned 1.15 0.13 1609 Soybeans, mature cooked, boiled, without salt 1.15 0.41 16409 Soybeans, mature seeds, cooked, boiled, with salt 1.15 0.41 1021 Cheese, gjetost 1.14 0.08 03926 Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted 1.14 0.15 05033 Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed 1.14 0.04 057312 Chicken, wing, frozen, glazed, barbecue flavored 1.14 0.04 07962 Frankfurter, meat and poultry, unheated 1.14 0.04 10895 Pork, cured, ham, separable fat, boneless, neated 1.14	43566	Snacks, tortilla chips, light (baked with less oil)	1.15	0.12
05307 Chicken, cornish game hens, meat and skin, raw 1.15 0.05 05732 Turkey, retail parts, breast, meat and skin, raw 1.15 0.05 07018 Chicken spread 1.15 0.04 11618 Eppaw, raw 1.15 0.23 11961 Hearts of palm, canned 1.15 0.13 16109 Soybeans, mature cooked, boiled, without salt 1.15 0.41 16409 Soybeans, mature seeds, cooked, boiled, with salt 1.15 0.41 01021 Cheese, gietost 1.14 0.08 03926 Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted 1.14 0.15 05332 Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed 1.14 0.04 07962 Frankfurter, meat and poultry, unheated 1.14 0.04 10894 Pork, cured, ham, separable fat, boneless, heated 1.14 0.03 10895 Pork, cured, ham, separable fat, boneless, unheated 1.14 0.03 16020 Beans, cranberry (roman), mature seeds, cooked, boiled, without salt 1.14 0.05 16320 Beans, cranberry (roman),	03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	1.15	0.10
05732 Turkey, retail parts, breast, meat and skin, raw 1.15 0.05 07018 Chicken spread 1.15 0.04 11618 Eppaw, raw 1.15 0.23 11961 Hearts of palm, canned 1.15 0.13 16109 Soybeans, mature cooked, boiled, without salt 1.15 0.41 16409 Soybeans, mature seeds, cooked, boiled, with salt 1.15 0.41 0021 Cheese, gjetost 1.14 0.08 03926 Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted 1.14 0.04 0533 Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed 1.14 0.04 05312 Chicken, wing, frozen, glazed, barbecue flavored 1.14 0.04 057962 Frankfurter, meat and poultry, unheated 1.14 0.04 10894 Pork, cured, ham, separable fat, boneless, heated 1.14 0.03 10895 Pork, cured, ham, separable fat, boneless, unheated 1.14 0.10 16020 Beans, cranberry (roman), mature seeds, cooked, boiled, without salt 1.14	05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	1.15	0.08
07018 Chicken spread 1.15 0.04 11618 Eppaw, raw 1.15 0.23 11961 Hearts of palm, canned 1.15 0.13 16109 Soybeans, mature cooked, boiled, without salt 1.15 0.41 16409 Soybeans, mature seeds, cooked, boiled, with salt 1.15 0.41 01021 Cheese, gjetost 1.14 0.08 03926 Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted 1.14 0.01 05312 Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed 1.14 0.04 07962 Frankfurter, meat and poultry, unheated 1.14 0.04 10894 Pork, cured, ham, separable fat, boneless, heated 1.14 0.03 10895 Pork, cured, ham, separable fat, boneless, unheated 1.14 0.10 16020 Beans, cranberry (roman), mature seeds, cooked, boiled, without salt 1.14 0.23 16114 Tempeh 1.14 0.23 16320 Beans, cranberry (roman), mature seeds, cooked, boiled, with salt 1.14 0.23	05307	Chicken, cornish game hens, meat and skin, raw	1.15	0.05
I1618 Eppaw, raw 1.15 0.23 11961 Hearts of palm, canned 1.15 0.13 16109 Soybeans, mature cooked, boiled, without salt 1.15 0.41 16409 Soybeans, mature seeds, cooked, boiled, with salt 1.15 0.41 01021 Cheese, gjetost 1.14 0.08 03926 Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted 1.14 0.01 05033 Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed 1.14 0.04 05312 Chicken, wing, frozen, glazed, barbecue flavored 1.14 0.04 07962 Frankfurter, meat and poultry, unheated 1.14 0.04 10894 Pork, cured, ham, separable fat, boneless, heated 1.14 0.03 10895 Pork, cured, ham, separable fat, boneless, unheated 1.14 0.10 16020 Beans, cranberry (roman), mature seeds, cooked, boiled, without salt 1.14 0.23 16114 Tempeh 1.14 0.23 16320 Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	05732	Turkey, retail parts, breast, meat and skin, raw	1.15	0.05
11961 Hearts of palm, canned 1.15 0.13 16109 Soybeans, mature cooked, boiled, without salt 1.15 0.41 16409 Soybeans, mature seeds, cooked, boiled, with salt 1.15 0.41 01021 Cheese, gjetost 1.14 0.08 03926 Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted 1.14 0.15 05033 Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed 1.14 0.04 05312 Chicken, wing, frozen, glazed, barbecue flavored 1.14 0.04 07962 Frankfurter, meat and poultry, unheated 1.14 0.03 10894 Pork, cured, ham, separable fat, boneless, heated 1.14 0.13 10895 Pork, cured, ham, separable fat, boneless, unheated 1.14 0.10 16020 Beans, cranberry (roman), mature seeds, cooked, boiled, without salt 1.14 0.23 16114 Tempeh 1.14 0.56 16320 Beans, cranberry (roman), mature seeds, cooked, boiled, with salt 1.14 0.23	07018	Chicken spread	1.15	0.04
16109 Soybeans, mature cooked, boiled, without salt 1.15 0.41 16409 Soybeans, mature seeds, cooked, boiled, with salt 1.15 0.41 01021 Cheese, gjetost 1.14 0.08 03926 Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted 1.14 0.15 05033 Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed 1.14 0.04 05312 Chicken, wing, frozen, glazed, barbecue flavored 1.14 0.04 07962 Frankfurter, meat and poultry, unheated 1.14 0.04 10894 Pork, cured, ham, separable fat, boneless, heated 1.14 0.33 10895 Pork, cured, ham, separable fat, boneless, unheated 1.14 0.10 16020 Beans, cranberry (roman), mature seeds, cooked, boiled, without salt 1.14 0.23 16114 Tempeh 1.14 0.56 16320 Beans, cranberry (roman), mature seeds, cooked, boiled, with salt 1.14 0.23	11618	Eppaw, raw	1.15	0.23
16409 Soybeans, mature seeds, cooked, boiled, with salt 1.15 0.41 01021 Cheese, gjetost 1.14 0.08 03926 Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted 1.14 0.15 05033 Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed 1.14 0.04 05312 Chicken, wing, frozen, glazed, barbecue flavored 1.14 0.04 07962 Frankfurter, meat and poultry, unheated 1.14 0.04 10894 Pork, cured, ham, separable fat, boneless, heated 1.14 0.33 16020 Beans, cranberry (roman), mature seeds, cooked, boiled, without salt 1.14 0.23 16114 Tempeh 1.14 0.56 16320 Beans, cranberry (roman), mature seeds, cooked, boiled, with salt 1.14 0.23	11961	Hearts of palm, canned	1.15	0.13
01021 Cheese, gjetost 1.14 0.08 03926 Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted 1.14 0.15 05033 Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed 1.14 0.04 05312 Chicken, wing, frozen, glazed, barbecue flavored 1.14 0.04 07962 Frankfurter, meat and poultry, unheated 1.14 0.04 10894 Pork, cured, ham, separable fat, boneless, heated 1.14 0.33 10895 Pork, cured, ham, separable fat, boneless, unheated 1.14 0.10 16020 Beans, cranberry (roman), mature seeds, cooked, boiled, without salt 1.14 0.23 16114 Tempeh 1.14 0.56 16320 Beans, cranberry (roman), mature seeds, cooked, boiled, with salt 1.14 0.23	16109	Soybeans, mature cooked, boiled, without salt	1.15	0.41
Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed Chicken, wing, frozen, glazed, barbecue flavored 1.14 0.04 1.096 Frankfurter, meat and poultry, unheated 1.14 0.33 1.0895 Pork, cured, ham, separable fat, boneless, heated 1.14 0.10 1.000 Beans, cranberry (roman), mature seeds, cooked, boiled, without salt 1.14 0.23 1.14 0.23 1.14 0.23 1.14 0.23 1.14 0.25 1.14 0.26 Beans, cranberry (roman), mature seeds, cooked, boiled, with salt 1.14 0.26	16409	Soybeans, mature seeds, cooked, boiled, with salt	1.15	0.41
Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed Chicken, wing, frozen, glazed, barbecue flavored 1.14 0.04 Prankfurter, meat and poultry, unheated 1.14 0.03 10894 Pork, cured, ham, separable fat, boneless, heated 1.14 0.10 16020 Beans, cranberry (roman), mature seeds, cooked, boiled, without salt 1.14 0.23 16114 Tempeh 1.14 0.26 Beans, cranberry (roman), mature seeds, cooked, boiled, with salt 1.14 0.26	01021	Cheese, gjetost	1.14	0.08
Chicken, wing, frozen, glazed, barbecue flavored Chicken, wing, frozen, glazed, barbecue flavor	03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	1.14	0.15
Frankfurter, meat and poultry, unheated 1.14 0.04 10894 Pork, cured, ham, separable fat, boneless, heated 1.14 0.33 10895 Pork, cured, ham, separable fat, boneless, unheated 1.14 0.10 16020 Beans, cranberry (roman), mature seeds, cooked, boiled, without salt 1.14 0.23 16114 Tempeh 1.14 0.56 16320 Beans, cranberry (roman), mature seeds, cooked, boiled, with salt 1.14 0.23	05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	1.14	0.04
Pork, cured, ham, separable fat, boneless, heated 1.14 0.33 10895 Pork, cured, ham, separable fat, boneless, unheated 1.14 0.10 16020 Beans, cranberry (roman), mature seeds, cooked, boiled, without salt 1.14 0.23 16114 Tempeh 1.14 0.56 16320 Beans, cranberry (roman), mature seeds, cooked, boiled, with salt 1.14 0.23	05312	Chicken, wing, frozen, glazed, barbecue flavored	1.14	0.04
Pork, cured, ham, separable fat, boneless, unheated 1.14 0.10 16020 Beans, cranberry (roman), mature seeds, cooked, boiled, without salt 1.14 0.23 16114 Tempeh 1.14 0.56 16320 Beans, cranberry (roman), mature seeds, cooked, boiled, with salt 1.14 0.23	07962	Frankfurter, meat and poultry, unheated	1.14	0.04
16020Beans, cranberry (roman), mature seeds, cooked, boiled, without salt1.140.2316114Tempeh1.140.5616320Beans, cranberry (roman), mature seeds, cooked, boiled, with salt1.140.23	10894	Pork, cured, ham, separable fat, boneless, heated	1.14	0.33
16114Tempeh1.140.5616320Beans, cranberry (roman), mature seeds, cooked, boiled, with salt1.140.23	10895	Pork, cured, ham, separable fat, boneless, unheated	1.14	0.10
Beans, cranberry (roman), mature seeds, cooked, boiled, with salt 0.23	16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	1.14	0.23
	16114	Tempeh	1.14	0.56
17377 Lamb, New Zealand, imported, testes, raw 1.14 0.09	16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	1.14	0.23
	17377	Lamb, New Zealand, imported, testes, raw	1.14	0.09

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
18060	Bread, rye	1.14	0.19
18175	Cookies, ladyfingers, with lemon juice and rind	1.14	0.10
18423	Cookies, ladyfingers, without lemon juice and rind	1.14	0.10
21014	Fast foods, croissant, with egg, cheese, and sausage	1.14	0.07
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	1.14	0.07
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	1.14	0.15
18434	Crackers, cheese, low sodium	1.13	0.21
36629	Restaurant, Chinese, orange chicken	1.13	0.04
01187	Yogurt, chocolate, nonfat milk	1.13	0.21
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	1.13	0.21
02032	Spices, pepper, white	1.13	0.91
05151	Guinea hen, meat and skin, raw	1.13	0.04
06959	Gravy, instant turkey, dry	1.13	0.17
10000	Pork, fresh, composite of separable fat, with added solution, cooked	1.13	0.04
12004	Seeds, breadnut tree seeds, raw	1.13	1.44
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	1.13	0.06
18005	Bagels, cinnamon-raisin	1.13	0.16
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	1.13	0.32
06094	Soup, onion, dry, mix	1.12	0.35
08100	Cereals, CREAM OF RICE, dry	1.12	0.24
16015	Beans, black, mature seeds, cooked, boiled, without salt	1.12	0.21
16051	Beans, white, mature seeds, canned	1.12	0.23
16315	Beans, black, mature seeds, cooked, boiled, with salt	1.12	0.21
18344	Rolls, dinner, egg	1.12	0.13
19098	Candies, 5TH AVENUE Candy Bar	1.12	0.21
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	1.12	0.20
21610	School Lunch, chicken patty, whole grain breaded	1.12	0.10
22911	Chili, no beans, canned entree	1.12	0.19
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	1.12	0.08
19100	Candies, fudge, chocolate, prepared-from-recipe	1.11	0.33
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	1.11	0.25
20143	Teff, cooked	1.11	0.23
28308	Crackers, standard snack-type, with whole wheat	1.11	0.20
28330	Cookies, marshmallow, with rice cereal and chocolate chips	1.11	0.43
02064	Peppermint, fresh	1.11	0.33
06118	Gravy, brown, dry	1.11	0.19

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
07024	Frankfurter, chicken	1.11	0.08
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	1.11	
15060	Fish, perch, mixed species, raw	1.11	0.15
17188	Veal, variety meats and by-products, brain, raw	1.11	0.22
18040	Bread, oatmeal, toasted	1.11	0.23
03213	Babyfood, cookies	1.10	0.07
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	1.10	0.06
05169	Turkey, skin from whole, (light and dark), raw	1.10	0.05
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1.10	0.04
06002	Soup, black bean, canned, condensed	1.10	0.30
06044	Soup, mushroom with beef stock, canned, condensed	1.10	0.20
06070	Soup, chunky beef, canned, ready-to-serve	1.10	0.10
06147	Soup, beef mushroom, canned, condensed	1.10	0.20
06978	Soup, beef and mushroom, low sodium, chunk style	1.10	0.10
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	1.10	0.10
07031	Ham salad spread	1.10	0.07
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	1.10	0.24
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	1.10	0.20
11026	Bamboo shoots, raw	1.10	0.19
11266	Mushrooms, brown, italian, or crimini, raw	1.10	0.50
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	1.10	0.50
11984	Epazote, raw	1.10	0.19
12104	Nuts, coconut meat, raw	1.10	0.44
12202	Nuts, chestnuts, japanese, raw	1.10	0.56
16522	WORTHINGTON Vegetable Steaks, canned, unprepared	1.10	
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	1.10	
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	1.10	
17358	Lamb, New Zealand, imported, brains, raw	1.10	0.30
18224	Crackers, rusk toast	1.10	0.24
18968	Bagels, wheat	1.10	0.18
18980	KASHI, Original Waffle	1.10	
19142	Candies, MOUNDS Candy Bar	1.10	0.40
20052	Rice, white, short-grain, enriched, uncooked	1.10	0.21
20452	Rice, white, short-grain, raw, unenriched	1.10	0.21
22529	Beef Pot Pie, frozen entree, prepared	1.10	0.03
22996	KASHI Three Cheese Penne, frozen, unprepared	1.10	

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
28039	KASHI, TLC, Happy Trail Mix Cookies	1.10	
28158	KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond	1.10	
28190	KELLOGG'S, SPECIAL K, Multigrain Crackers	1.10	
83110	Fish, mackerel, salted	1.10	0.10
19411	Snacks, potato chips, plain, salted	1.09	0.23
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	1.09	0.31
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	1.09	0.31
19811	Snacks, potato chips, plain, unsalted	1.09	0.31
20044	Rice, white, long-grain, regular, raw, enriched	1.09	0.22
20137	Quinoa, cooked	1.09	0.19
20444	Rice, white, long-grain, regular, raw, unenriched	1.09	0.22
21003	Fast foods, biscuit, with egg and bacon	1.09	0.08
21007	Fast foods, biscuit, with egg, cheese, and bacon	1.09	0.27
21340	McDONALD'S, Sausage Burrito	1.09	0.08
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	1.09	0.08
23420	Beef, New Zealand, imported, intermuscular fat, raw	1.09	0.02
28331	Crackers, flavored, fish-shaped	1.09	0.13
01130	Egg, whole, cooked, omelet	1.09	0.06
02037	Spices, saffron	1.09	0.33
02065	Spearmint, fresh	1.09	0.24
13320	Beef, variety meats and by-products, brain, cooked, simmered	1.09	0.23
16046	Beans, small white, mature seeds, cooked, boiled, without salt	1.09	0.15
16137	Hummus, home prepared	1.09	0.22
16346	Beans, small white, mature seeds, cooked, boiled, with salt	1.09	0.15
18157	Cookies, chocolate wafers	1.09	0.46
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	1.08	0.05
07949	Frankfurter, meat, heated	1.08	0.15
15115	Fish, trout, rainbow, wild, raw	1.08	0.11
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	1.08	0.22
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	1.08	0.22
20127	Spaghetti, spinach, cooked	1.08	0.20
20656	Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES	1.08	0.12
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	1.08	0.12
36622	Restaurant, Chinese, sweet and sour pork	1.07	0.06
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	1.07	0.04
11297	Parsley, fresh	1.07	0.15

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	1.07	0.24
16159	Tofu, extra firm, prepared with nigari	1.07	0.20
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	1.07	0.24
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	1.07	0.24
18264	English muffins, wheat	1.07	0.15
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	1.06	0.09
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	1.06	0.09
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	1.06	0.06
06124	Gravy, pork, dry, powder	1.06	0.15
07951	Scrapple, pork	1.06	0.21
07971	Bologna, meat and poultry	1.06	0.04
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	1.06	0.08
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	1.06	0.19
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	1.06	0.19
17284	Lamb, Australian, imported, fresh, separable fat, raw	1.06	0.05
18190	Cookies, peanut butter sandwich, regular	1.06	0.24
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	1.06	0.17
19125	Chocolate-flavored hazelnut spread	1.06	0.47
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	1.06	0.20
19238	Candies, REESE'S BITES	1.06	0.30
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	1.06	0.17
19867	Ice creams, vanilla, fat free	1.06	0.03
36414	Restaurant, Latino, tripe soup	1.06	0.02
18351	Rolls, hamburger or hotdog, mixed-grain	1.05	0.22
19169	Egg custards, dry mix	1.05	0.05
19367	Toppings, nuts in syrup	1.05	0.54
20030	Hominy, canned, white	1.05	0.03
20066	Semolina, enriched	1.05	0.19
20330	Hominy, canned, yellow	1.05	0.03
20466	Semolina, unenriched	1.05	0.19
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	1.05	0.10
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	1.05	0.08
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	1.05	0.08
21269	TACO BELL, Nachos Supreme	1.05	0.10
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	1.05	0.33
28301	Cookies, peanut butter, commercially prepared, sugar free	1.05	0.20

32007 Taganton forces hedr and checker, over-henced 1.05 0.00 0122 Egg, whole, cocked, hard-belied 1.05 0.00 1023 Ohicker, party, frozen, cocked 1.05 0.06 1013 Pork, fresh, variety metes and hyperdoute, feet, cocked, simmered 1.05 0.05 1136 Pear, muture seeds, sproude, raw 1.05 0.26 1246 Stemeed, laver, me 1.05 0.26 12403 Stemeed, lower, me 1.05 0.35 12405 Reverages, CVTOSPORT, Muscle Wilk, ready an drink 1.16 0.04 13502 Haby, mulfach, conked, day heat 1.05 0.04 15202 Haby, mulfach, conked, day heat 1.05 0.04 15203 Bread, coth have accepted, seeds, cosked, single 1.01 0.04 15204 Bread, coth have, dayse, days	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
08324 Orickmer putly, Invent, cisolad 1.105 0.009 10173 Porfs. Fresh, variety ments and by-products, feet, cooked, simmered 1.105 0.008 11316 Peers, nature seeds, sprounds, raw 1.105 0.026 1146 Seewed, Javer, new 1.08 0.26 12013 Seeds, Jours seeds, dried 1.05 0.35 12026 Fish, milkfish, cooked, dry Inet 1.05 0.04 15022 Fish, milkfish, cooked, dry Inet 1.05 0.04 15020 Fish, milkfish, cooked, dry Inet 1.05 0.04 15021 Fish, milkfish, cooked, dry Inet 1.05 0.05 15020 Fish, milkfish, cooked, dry Inet 1.05 0.05 15030 Bread, french or vicina, tosated (includes sourdoogh) 1.05 0.05 15040 Bead, reduced-coloric, out bran 1.05 0.25 15020 English muffins, mixed-grain, tossed (includes sourdoogh) 1.05 0.25 15022 English muffins, mixed-grain, tossed (includes sourdoogh) 1.04 0.02 15024 Balp f	32007	Taquitos, frozen, beef and cheese, oven-heated	1.05	0.10
10173 Pork, fresh, variety meats and by-products, feet, cooked, simmered 1.05 0.27 11316 Peas, matter seeds, spround, mw 1.05 0.25 12013 Seeds, lotus seeds, dired 1.05 0.25 12013 Seeds, lotus seeds, dired 1.05 0.25 12015 Bewenges, CYTUS/PURT, Muscle Milk, realy-to-drink 1.05 0.15 12026 Fish, multi-fis, conked, dry heat 1.05 0.14 15220 Fish, multi-fis, conked, dry heat 1.05 0.14 15220 Fish, multi-fis, conked, dry heat 1.05 0.14 15230 Bread, french or vienna, toasted (includes sourdough) 1.05 0.15 15030 Bread, french or vienna, toasted (includes sourdough) 1.05 0.15 15030 Bread, french or vienna, toasted (includes sourdough) 1.05 0.25 1525 English marifins, piane, earlebed, with cap prop (includes sourdough) 1.05 0.25 1525 English marifins, piane, earlebed, with cap prop (includes sourdough) 1.05 0.25 1526 Figgs, wholes, conkeds, seramibid 1.04 0.06 1527 Figgs, wholes, conkeds, seramibid 1.04 0.06 1528 Figgs, wholes, conkeds, seramibid 1.04 0.06 1529 Bologna, chicken, port, grepard with whole milk 1.04 0.07 1529 Bologna, multure seeds, spround, chock, steamed 1.04 0.07 1529 Fish, bhefish, cooked, dry heat 1.04 0.07 1529 Compers, common (backeyes, crowder, southern), mutur seeds, canned with prox 1.04 0.07 1521 Che, stack cabes, creme-filled, choochet with frosing 1.04 0.07 1521 Che, stack cabes, creme-filled, choochet with frosing 1.04 0.07 1522 Che, stack cabes, creme filled, choochet with frosing 1.04 0.07 1523 BURGER KING, CROISSAN/WICH with Egg and Cheece 1.04 0.07 1524 Che, stack cabes, creme steed, respect of the proximal steed 1.04 0.07 1525 Che, stack cabes, creme steed, creme steed	01129	Egg, whole, cooked, hard-boiled	1.05	0.01
11316 Pear, mature seeds, sqroated, row 1.05 0.27 11446 Seweed, loter, row 1.05 0.25 12013 Seeds, lotts seeds, drid 1.05 0.35 14036 Beverages, CYTOSPORT, Muscle Milk, ready-to-drink 1.05 0.04 15202 Fish, musklispic, frosh, cooked, dy beat 1.05 0.01 18030 Bread, french or vienna, toasted (includes sourdough) 1.05 0.15 18038 Bread, french or vienna, toasted (includes sourdough) 1.05 0.15 18049 Bread, reduced calvir, out bran 1.05 0.23 18252 Einglish muffliss, pials, enriched, with ca prop (includes sourdough) 1.05 0.15 18049 Bread, reduced calvir, to abread (includes granola) 1.05 0.23 18254 English muffliss, pials, enriched, with ca prop (includes granola) 1.05 0.23 18258 English ruffliss, pials, english qualtitiss, costeed (includes granola) 1.05 0.23 18264 Danjas muttiss, costeed (includes granola) 1.05 0.23 18275 Babyfood, cereal, high protein, propared with wh	05324	Chicken patty, frozen, cooked	1.05	0.09
11416 Scewocd, Inver, raw 1.08 0.26 12013 Seeds, Univer seeds, Uried 1.05 0.35 14056 Beverages, CVTOSPORT, Musicle Milk, ready-st-drink 1.05 0.04 15202 Fish, milk fish, croked, dry heat 1.08 0.04 15202 Fish, milk fish, croked, dry heat 1.05 0.01 18030 Bread, freads, croked, dry heat 1.05 0.15 18038 Bread, on bran, tousled 1.05 0.03 18039 Bread, crokecd-caloric, or bran 1.05 0.02 182828 Figgish muffins, mixed-grain, towated (includes granola) 1.05 0.29 182828 Figgish muffins, mixed-grain, towated (includes granola) 1.05 0.02 0132 Figgs, whole, cooked, crambled 1.04 0.06 0828.2 Babyloud, creenal, high protein, prepared with whole milk 0.06 0.06 0829.2 Whole, cooked, crambed 1.04 0.02 0766.7 Poutry saled sandwich spread 1.04 0.03 0796.0 Bologn, chicken, pook 1.04<	10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	1.05	0.06
1013 Seeds, fotus seeds, dried 1.05 0.35 14036 Beverages, CYTOSPORT, Muscle Milk, ready-to-drink 1.05 0.14 1.05 0.14 1.05 0.14 1.05 0.14 1.05 0.14 1.05 0.15 0.14 1.05 0.1	11316	Peas, mature seeds, sprouted, raw	1.05	0.27
1036 Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	11446	Seaweed, laver, raw	1.05	0.26
15202 Fish, milkfish, cooked, dry heat 1.05 0.04 15220 Fish, milkfish, cooked, dry heat 1.05 0.11 15230 Fish, tuns, skipjick, fresh, cooked, dry heat 1.05 0.15 18030 Bread, ord bran, toasted (includes sourdough) 1.05 0.18 18049 Bread, ord bran, toasted 1.05 0.29 18258 English muffirs, mixed-grain, toasted (includes granola) 1.05 0.25 18261 English muffirs, mixed-grain, toasted (includes granola) 1.05 0.25 18262 English muffirs, hibity protein, crossed (includes granola) 1.04 0.06 03682 Babyfood, cereal, high protein, prepared with whole milk 1.04 0.02 07067 Poultry salad sandwich spread 1.04 0.04 08343 Creal ready-to-ea, CUAKER, MOTHIER'S GRAILAM BUMPERS 1.04 0.04 13444 Pigeonpeas, immature seeds, sprouted, cooked, steamed 1.04 0.33 11589 Fish, hilefish, cooked, dry bear 1.04 0.33 11695 Coopeas, common (blackeyes, crowder, southen), mature seeds, canned with pork	12013	Seeds, lotus seeds, dried	1.05	0.35
18520 Fish, truns, skipjack, fresh, cooked, dry heat 1.05 0.11 18030 Bread, french or viennt, costact (includes sourdough) 1.05 0.15 18038 Bread, oat bran, toasted 1.05 0.25 18258 Finglish muffins, plain, enriched, with cap prop (includes sourdough) 1.05 0.22 18258 English muffins, plain, enriched, with cap prop (includes granola) 1.05 0.25 18258 English muffins, plain, enriched, with cap prop (includes granola) 1.05 0.25 18258 English muffins, plain, enriched, with cap prop (includes granola) 1.05 0.25 18261 English muffins, plain, enriched, with cap propered with whole milk 1.04 0.06 08282 Babyfood, cocked, scrambed 1.04 0.02 97060 Poultry salad sandwich spread 1.04 0.03 07960 Bologna, chicken, pork 1.04 0.03 08354 Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS 1.04 0.13 11434 Pigeonpeas, immature seeds, grouted, cooked, scamed 1.04 0.13 11539 Solyhears,	14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	1.05	0.14
18030 Bread, french or vienna, toasted (includes sourdough) 1.05 0.15 18038 Bread, coat bran, toasted 1.05 0.13 18049 Bread, reduced-calorie, oat bran 1.05 0.29 18258 English muffins, plain, enriched, with ca prop (includes sourdough) 1.05 0.14 18261 English muffins, missel-grain, toasted (includes granola) 1.05 0.25 01132 Egg, whole, cooked, scrambled 1.04 0.06 03682 Babyfood, cereal, high protein, prepared with whole milk 1.04 0.02 07067 Poultry stalad sandwich spread 1.04 0.03 07960 Bologna, chicken, pork 1.04 0.04 08544 Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS 1.04 0.13 11344 Pigeonpeas, inmature seeds, raw 1.04 0.13 11453 Soybeam, mature seeds, raw 1.04 0.33 11589 Fish, bluefish, conked, fly beat 1.04 0.07 16065 Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork 1.04 0.05 <td>15202</td> <td>Fish, milkfish, cooked, dry heat</td> <td>1.05</td> <td>0.04</td>	15202	Fish, milkfish, cooked, dry heat	1.05	0.04
18038 Bread, ont bran, toasted 0.13 18049 Bread, reduced-calorie, on bran 1.05 0.29 18258 English muffins, plain, enriched, with ca prop (includes soundough) 1.05 0.25 18261 Eaglish muffins, mixed-grain, toasted (includes granola) 1.05 0.25 01322 Egg, whole, cooked, scrambled 1.04 0.06 03682 Baby food, cereal, high protein, prepared with whole milk 1.04 0.02 07067 Poultry salad sandwich spread 1.04 0.03 07960 Bologna, chicken, pork 1.04 0.04 08354 Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS 1.04 0.13 11443 Pigcompeas, immature seeds, spouted, cooked, steamed 1.04 0.13 11589 Fish, bluefish, cooked, dry beat 1.04 0.03 15189 Fish, bluefish, cooked, dry beat 1.04 0.07 16065 Cowpeas, common (black-yes, crowder, southern), mature seeds, canned with pork 1.04 0.15 18127 Cake, snack cakes, carener-sitled, chocolate with frosting 1.04 0.33	15220	Fish, tuna, skipjack, fresh, cooked, dry heat	1.05	0.11
18099 Bread, reduced-calorie, oat bran 1.05 0.29 18258 English muffins, plair, enriched, with ca prop (includes sourdough) 1.05 0.14 18261 English muffins, plair, enriched, with ca prop (includes granola) 1.05 0.25 11322 Egg, whole, cooked, serambled 1.04 0.06 03682 Babyfood, cereal, high protein, prepared with whole milk 1.04 0.02 07960 Bologna, chicken, pork 1.04 0.04 08354 Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS 1.04 0.13 11844 Pigeonpeas, immature seeds, raw 1.04 0.13 11843 Soybeans, mature seeds, sprouted, cooked, steamed 1.04 0.13 11843 Pigeonpeas, immature seeds, sprouted, cooked, steamed 1.04 0.33 11933 Soybeans, mature seeds, sprouted, cooked, steamed 1.04 0.33 11849 Fish, bluefish, cooked, dry heat 1.04 0.33 15189 Fish, bluefish, cooked, dry heat 1.04 0.17 18029 Bread, french or vienna (includes sourdough) 1.04	18030	Bread, french or vienna, toasted (includes sourdough)	1.05	0.15
18288 English muffins, plain, enriched, with ca prop (includes soundough) 1.05 0.14 18261 English muffins, mixed-grain, toasted (includes granola) 1.05 0.25 01322 Egg, whole, cooked, strambled 1.04 0.06 03682 Babyfood, cereal, high protein, prepared with whole milk 1.04 0.02 07967 Poultry salad sandwich spread 1.04 0.00 08354 Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS 1.04 0.01 11344 Pigeonpeas, immature seeds, raw 1.04 0.13 11453 Soybeans, mature seeds, sprouted, cooked, steamed 1.04 0.03 11923 Soybeans, mature seeds, sprouted, cooked, steamed, with salt 1.04 0.07 11905 Fish, bluefish, cooked, dry heat 1.04 0.07 16065 Cowpas, common (blackeyes, crowder, southern), mature seeds, canned with pork 1.04 0.07 18029 Bread, french or vicena (includes sourdough) 1.04 0.05 18215 Crackers, sack cakes, creme-filled, chocolate with frosting 1.04 0.03 18206 Pancak	18038	Bread, oat bran, toasted	1.05	0.13
18261 English muffins, mixed-grain, toasted (includes granola) 0.25 01132 Egg, whole, cooked, scrambled 1.04 0.06 03682 Babyfood, cereal, high protein, prepared with whole milk 1.04 0.22 07067 Poultry salad sandwich spread 1.04 0.04 07960 Bologna, chicken, pork 1.04 0.04 08354 Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS 1.04 0.13 11444 Pigeonpeas, immature seeds, raw 1.04 0.13 11523 Soybeans, mature seeds, sprouted, cooked, steamed, with salt 1.04 0.33 11923 Soybeans, mature seeds, sprouted, cooked, steamed, with salt 1.04 0.07 16065 Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork 1.04 0.07 18029 Bread, french or vienna (includes sourdough) 1.04 0.05 18121 Cake, snack cakes, creme-filled, chocolate with frosting 1.04 0.05 18215 Crackers, cheese, sandwich-type with peanut butter filling 1.04 0.08 18206 Pancakes, whole-wheat, dry mix, incomp	18049	Bread, reduced-calorie, oat bran	1.05	0.29
01132 Egg, whole, cooked, serambled 1.04 0.06 03682 Babyfood, cereal, high protein, prepared with whole milk 1.04 0.22 07067 Poultry salad sandwich spread 1.04 0.08 07960 Bologna, chicken, pork 1.04 0.04 08354 Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS 1.04 0.13 11344 Pigeoppeas, immature seeds, raw 1.04 0.13 11453 Soybeans, mature seeds, sprouted, cooked, steamed 1.04 0.33 11923 Soybeans, mature seeds, sprouted, cooked, steamed, with salt 1.04 0.03 15189 Fish, bluefish, cooked, dry heat 1.04 0.07 16055 Coypeas, common (blackeyes, crowder, southern), mature seeds, canned with pork 1.04 0.15 18029 Bread, french or vienna (includes sourdough) 1.04 0.15 18127 Cake, snack cakes, creme-filled, chocolate with frosting 1.04 0.30 18215 Crackers, cheese, sandwich-type with peanut butter filling 1.04 0.05 18300 Pancakes, whole-wheat, dry mix, incomplete, prepare	18258	English muffins, plain, enriched, with ca prop (includes sourdough)	1.05	0.14
03682 Babyfood, cereal, high protein, prepared with whole milk 1.04 0.22 07067 Poultry salad sandwich spread 1.04 0.03 07960 Bologna, chicken, pork 1.04 0.04 08354 Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS 1.04 0.13 11344 Pigeonpeas, immature seeds, raw 1.04 0.13 11453 Soybeans, mature seeds, sprouted, cooked, steamed 1.04 0.33 15189 Fish, bluefish, cooked, dry heat 1.04 0.07 16065 Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork 1.04 0.17 18029 Bread, french or vienna (includes sourdough) 1.04 0.30 18127 Cake, snack cakes, creme-filled, chocolate with frosting 1.04 0.30 18215 Crackers, cheese, snadwich-type with peanut butter filling 1.04 0.30 18300 Pancakes, whole-wheat, dry mix, incomplete, prepared 1.04 0.08 19047 Snacks, pretzels, hard, plain, salted 1.04 0.08 21362 McDONALDS, Sausage Biscuit with Egg <t< td=""><td>18261</td><td>English muffins, mixed-grain, toasted (includes granola)</td><td>1.05</td><td>0.25</td></t<>	18261	English muffins, mixed-grain, toasted (includes granola)	1.05	0.25
07067 Poultry salad sandwich spread 1.04 0.03 07960 Bologna, chicken, pork 1.04 0.04 08354 Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS 1.04 11344 Pigeonpeas, immature seeds, raw 1.04 0.13 11453 Soybeans, mature seeds, sprouted, cooked, steamed 1.04 0.33 11923 Soybeans, mature seeds, sprouted, cooked, steamed with salt 1.04 0.33 15189 Fish, bluefish, cooked, dry heat 1.04 0.07 16065 Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork 1.04 0.17 18029 Bread, french or vienna (includes sourdough) 1.04 0.15 18127 Cake, snack cakes, creme-filled, chocolate with frosting 1.04 0.30 18215 Crackers, cheese, sandwich-type with peanut butter filling 1.04 0.30 18300 Pancakes, whole-wheat, dry mix, incomplete, prepared 1.04 0.08 19047 Snacks, pretzels, hard, plain, salted 1.04 0.08 21362 McDONALD'S, Sausage Biscuit with Egg	01132	Egg, whole, cooked, scrambled	1.04	0.06
07960 Bologna, chicken, pork 1.04 0.04 08354 Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS 1.04 11344 Pigeonpeas, immature seeds, raw 1.04 0.13 11453 Soybeans, mature seeds, sprouted, cooked, steamed 1.04 0.33 15189 Fish, bluefish, cooked, dry heat 1.04 0.07 16065 Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork 1.04 0.17 18029 Bread, french or vienna (includes sourdough) 1.04 0.15 18127 Cake, snack cakes, creme-filled, chocolate with frosting 1.04 0.30 18215 Crackers, cheese, sandwich-type with peanut butter filling 1.04 0.30 18300 Pancakes, whole-wheat, dry mix, incomplete, prepared 1.04 0.08 19047 Snacks, pretzels, hard, plain, salted 1.04 0.08 21362 McDONALD'S, Sausage Biscuit with Egg 1.04 0.08 21385 BURGER KING, CROISSAN WICH with Egg and Cheese 1.04 0.07 28365 PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza 1.04 0.11 30026 Tur	03682	Babyfood, cereal, high protein, prepared with whole milk	1.04	0.22
08354 Cereals ready-to-eat, QUAKER, MOTHERS GRAHAM BUMPERS 1.04	07067	Poultry salad sandwich spread	1.04	0.03
11344 Pigeonpeas, immature seeds, raw 1.04 0.13 11453 Soybeans, mature seeds, sprouted, cooked, steamed 1.04 0.33 11923 Soybeans, mature seeds, sprouted, cooked, steamed, with salt 1.04 0.03 15189 Fish, bluefish, cooked, dry heat 1.04 0.07 16065 Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork 1.04 0.17 18029 Bread, french or vienna (includes sourdough) 1.04 0.15 18127 Cake, snack cakes, creme-filled, chocolate with frosting 1.04 0.30 18215 Crackers, cheese, sandwich-type with peanut butter filling 1.04 0.30 18300 Pancakes, whole-wheat, dry mix, incomplete, prepared 1.04 0.08 19047 Snacks, pretzels, hard, plain, salted 1.04 0.08 21362 McDONALD'S, Sausage Biscuit with Egg 1.04 0.08 21385 BURGER KING, CROISSAN'WICH with Egg and Cheese 1.04 0.07 28365 PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza 1.04 0.11 30026 Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen 1.04 0.11<	07960	Bologna, chicken, pork	1.04	0.04
11344 Pigeonpeas, immature seeds, raw 1.04 0.13 11453 Soybeans, mature seeds, sprouted, cooked, steamed 1.04 0.33 11923 Soybeans, mature seeds, sprouted, cooked, steamed, with salt 1.04 0.03 15189 Fish, bluefish, cooked, dry heat 1.04 0.07 16065 Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork 1.04 0.17 18029 Bread, french or vienna (includes sourdough) 1.04 0.15 18127 Cake, snack cakes, creme-filled, chocolate with frosting 1.04 0.30 18215 Crackers, cheese, sandwich-type with peanut butter filling 1.04 0.30 18300 Pancakes, whole-wheat, dry mix, incomplete, prepared 1.04 0.08 19047 Snacks, pretzels, hard, plain, salted 1.04 0.08 21362 McDONALD'S, Sausage Biscuit with Egg 1.04 0.08 21385 BURGER KING, CROISSAN'WICH with Egg and Cheese 1.04 0.07 28365 PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza 1.04 0.11 30026 Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen 1.04 0.11<	08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	1.04	
11923 Soybeans, mature seeds, sprouted, cooked, steamed, with salt 1.04 0.33 15189 Fish, bluefish, cooked, dry heat 1.04 0.07 16065 Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork 1.04 0.17 18029 Bread, french or vienna (includes sourdough) 1.04 0.15 18127 Cake, snack cakes, creme-filled, chocolate with frosting 1.04 0.30 18215 Crackers, cheese, sandwich-type with peanut butter filling 1.04 0.30 18300 Pancakes, whole-wheat, dry mix, incomplete, prepared 1.04 0.08 19047 Snacks, pretzels, hard, plain, salted 1.04 0.16 21362 McDONALD'S, Sausage Biscuit with Egg 1.04 0.08 21385 BURGER KING, CROISSAN'WICH with Egg and Cheese 1.04 0.07 28365 PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza 1.04 0.16 30026 Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen 1.04 0.11 36032 DENNY'S, spaghetti and meatballs 1.04 0.11	11344	Pigeonpeas, immature seeds, raw	1.04	
15189 Fish, bluefish, cooked, dry heat 1.04 0.07 16065 Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork 1.04 0.17 18029 Bread, french or vienna (includes sourdough) 1.04 0.15 18127 Cake, snack cakes, creme-filled, chocolate with frosting 1.04 0.30 18215 Crackers, cheese, sandwich-type with peanut butter filling 1.04 0.30 18300 Pancakes, whole-wheat, dry mix, incomplete, prepared 1.04 0.08 19047 Snacks, pretzels, hard, plain, salted 1.04 0.16 21362 McDONALD'S, Sausage Biscuit with Egg 1.04 0.08 21385 BURGER KING, CROISSAN'WICH with Egg and Cheese 1.04 0.07 28365 PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza 1.04 0.16 30026 Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen 1.04 0.11 36032 DENNY'S, spaghetti and meatballs 1.04 0.11	11453	Soybeans, mature seeds, sprouted, cooked, steamed	1.04	0.33
16065 Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork 1.04 0.17 18029 Bread, french or vienna (includes sourdough) 1.04 0.15 18127 Cake, snack cakes, creme-filled, chocolate with frosting 1.04 0.30 18215 Crackers, cheese, sandwich-type with peanut butter filling 1.04 0.30 18300 Pancakes, whole-wheat, dry mix, incomplete, prepared 1.04 0.08 19047 Snacks, pretzels, hard, plain, salted 1.04 0.16 21362 McDONALD'S, Sausage Biscuit with Egg 1.04 0.08 21385 BURGER KING, CROISSAN'WICH with Egg and Cheese 1.04 0.07 28365 PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza 1.04 0.16 32026 Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen 1.04 0.11 36032 DENNY'S, spaghetti and meatballs 1.04 0.11	11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	1.04	0.33
18029 Bread, french or vienna (includes sourdough) 1.04 0.15 18127 Cake, snack cakes, creme-filled, chocolate with frosting 1.04 0.30 18215 Crackers, cheese, sandwich-type with peanut butter filling 1.04 0.30 18300 Pancakes, whole-wheat, dry mix, incomplete, prepared 1.04 0.08 19047 Snacks, pretzels, hard, plain, salted 1.04 0.16 21362 McDONALD'S, Sausage Biscuit with Egg 1.04 0.08 21385 BURGER KING, CROISSAN'WICH with Egg and Cheese 1.04 0.07 28365 PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza 1.04 0.16 32026 Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen 1.04 0.11 36032 DENNY'S, spaghetti and meatballs 1.04 0.11	15189	Fish, bluefish, cooked, dry heat	1.04	0.07
18127Cake, snack cakes, creme-filled, chocolate with frosting1.040.3018215Crackers, cheese, sandwich-type with peanut butter filling1.040.3018300Pancakes, whole-wheat, dry mix, incomplete, prepared1.040.0819047Snacks, pretzels, hard, plain, salted1.040.1621362McDONALD'S, Sausage Biscuit with Egg1.040.0821385BURGER KING, CROISSAN'WICH with Egg and Cheese1.040.0728365PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza1.040.1632026Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen1.040.1136032DENNY'S, spaghetti and meatballs1.040.11	16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	1.04	0.17
18215Crackers, cheese, sandwich-type with peanut butter filling1.040.3018300Pancakes, whole-wheat, dry mix, incomplete, prepared1.040.0819047Snacks, pretzels, hard, plain, salted1.040.1621362McDONALD'S, Sausage Biscuit with Egg1.040.0821385BURGER KING, CROISSAN'WICH with Egg and Cheese1.040.0728365PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza1.040.1632026Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen1.040.1136032DENNY'S, spaghetti and meatballs1.040.11	18029	Bread, french or vienna (includes sourdough)	1.04	0.15
Pancakes, whole-wheat, dry mix, incomplete, prepared 1.04 0.08 19047 Snacks, pretzels, hard, plain, salted 1.04 0.16 21362 McDONALD'S, Sausage Biscuit with Egg 1.04 0.08 21385 BURGER KING, CROISSAN'WICH with Egg and Cheese 1.04 0.07 28365 PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza 1.04 0.16 32026 Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen 1.04 0.11 36032 DENNY'S, spaghetti and meatballs	18127	Cake, snack cakes, creme-filled, chocolate with frosting	1.04	0.30
19047Snacks, pretzels, hard, plain, salted1.040.1621362McDONALD'S, Sausage Biscuit with Egg1.040.0821385BURGER KING, CROISSAN'WICH with Egg and Cheese1.040.0728365PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza1.040.1632026Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen1.040.1136032DENNY'S, spaghetti and meatballs1.040.11	18215	Crackers, cheese, sandwich-type with peanut butter filling	1.04	0.30
21362McDONALD'S, Sausage Biscuit with Egg1.040.0821385BURGER KING, CROISSAN'WICH with Egg and Cheese1.040.0728365PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza1.040.1632026Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen1.040.1136032DENNY'S, spaghetti and meatballs1.040.11	18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	1.04	0.08
BURGER KING, CROISSAN'WICH with Egg and Cheese 1.04 0.07 28365 PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza 1.04 0.16 32026 Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen 1.04 0.11 36032 DENNY'S, spaghetti and meatballs	19047	Snacks, pretzels, hard, plain, salted	1.04	0.16
PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza 1.04 0.16 1.04 0.16 1.04 0.11 0.11 0.10 0.11 0.10 0.11	21362	McDONALD'S, Sausage Biscuit with Egg	1.04	0.08
Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen 1.04 0.11 DENNY'S, spaghetti and meatballs 1.04 0.11	21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	1.04	0.07
DENNY'S, spaghetti and meatballs 1.04 0.11	28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	1.04	0.16
	32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	1.04	0.11
Restaurant, family style, spaghetti and meatballs 0.11	36032	DENNY'S, spaghetti and meatballs	1.04	0.11
	36038	Restaurant, family style, spaghetti and meatballs	1.04	0.11

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	1.03	0.08
21329	McDONALD'S, Sausage, Egg & Description (Cheese McGRIDDLES)	1.03	0.08
32018	Spanish rice mix, dry mix, unprepared	1.03	0.19
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	1.03	0.04
08156	Cereals ready-to-eat, rice, puffed, fortified	1.03	0.17
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	1.03	0.13
11238	Mushrooms, shiitake, raw	1.03	0.14
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	1.03	0.13
12158	Seeds, breadfruit seeds, roasted	1.03	1.32
15059	Fish, pout, ocean, raw	1.03	0.03
16038	Beans, navy, mature seeds, cooked, boiled, without salt	1.03	0.21
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	1.03	0.22
16338	Beans, navy, mature seeds, cooked, boiled, with salt	1.03	0.21
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	1.03	0.22
18201	Cookies, peanut butter sandwich, special dietary	1.03	0.27
18240	Croissants, apple	1.03	0.04
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	1.02	0.10
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	1.02	0.05
07073	Sandwich spread, pork, beef	1.02	0.13
10005	Pork, fresh, belly, raw	1.02	0.05
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	1.02	0.08
11962	Peppers, hot chile, sun-dried	1.02	0.23
13318	Beef, variety meats and by-products, brain, raw	1.02	0.29
15048	Fish, mackerel, jack, canned, drained solids	1.02	0.15
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	1.02	0.08
18039	Bread, oatmeal	1.02	0.21
18325	Pie, pecan, prepared from recipe	1.02	0.21
18345	Rolls, dinner, oat bran	1.02	0.14
20046	Rice, white, long-grain, parboiled, enriched, dry	1.02	0.28
20446	Rice, white, long-grain, parboiled, unenriched, dry	1.02	0.28
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	1.02	0.18
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	1.02	0.11
21525	PIZZA HUT, breadstick, parmesan garlic	1.02	0.11
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	1.02	0.08
19823	Potato chips, without salt, reduced fat	1.01	0.35
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	1.01	0.17

Babylood, ment, chicken, junior	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
100 14 Hattylood, meat, chicken sticks, junior 1.01 0.05	02001	Spices, allspice, ground	1.01	0.55
109	03013	Babyfood, meat, chicken, junior	1.01	0.04
14204 Devertages, coffee and cacoa, instant, decalferinated, with whitener and low calorie sweeteners 1.01 0.05 15242 Crustaceans, crayfish, mixed species, farmed, raw 1.01 0.05 16353 Broadbeans (fiva beams), mature seeds, cooked, boiled, without salt 1.01 0.05 16353 Broadbeans (fiva beams), mature seeds, cooked, boiled, with salt 1.00 0.05 16353 Broadbeans (fiva beams), mature seeds, cooked, boiled, with salt 1.00 0.05 16354 Chicken, Proliters or Fyrens, Freats, meat only, cooked, roasted 1.00 0.05 16364 Chicken, Proliters or Fyrens, Freats, meat only, cooked, roasted 1.00 0.05 16365 Circus, Suedin, ready-to-serve 1.00 0.05 16366 Gravy, beef, canned, ready-to-serve 1.00 0.05 16377 Gravy, meat or poultry, low sodium, prepared 1.00 0.05 16380 Cereals ready-to-sea, KFEL J.O.G. KFEL J.O.G. Flakes 1.00 0.05 16380 Cereals, casts, regular and quick mentioned, cooked with water (includes boiling and microwaving), without salt 1.00 0.05 16380 Cereals, casts, regular and quick mentioned, cooked with water (includes boiling and microwaving), without salt 1.00 0.05 16865 Cereals ready-to-sea, POST, HONEY BUNCHES OF OATS, Eccan bunches 1.00 0.05 16866 Cereals ready-to-sea, POST, HONEY BUNCHES OF OATS, Sea bunches 1.00 0.05 16979 Appriors, dehystrated (from-moisture), sulfured, unscoked 1.00 0.05 16980 Cereals ready-to-sea, POST, HONEY BUNCHES OF OATS with cinamon bunches 1.00 0.05 16980 Fish, calmon, huma, canned, without salt 1.00 0.05 16980 Fish, calmon, huma, canned, display with bone 1.00 0.05 16980 Fish, calmon, huma, canned, display with bone 1.00 0.05 16980 Fish, calmon, chum, canned, without salt 1.00 0.05 16980 Peas, split, mature seeds, cocked, briled, without salt 1.00 0.05 16981 LOMA LINDA Tender Bis, canned, unprepared 1.00 0.05 16981 LOMA LINDA Tender Bis, canned, unprepared 1.	03014	Babyfood, meat, chicken sticks, junior	1.01	0.04
15242 Crustaceans, crayfrish, mixed species, farmed, raw	11191	Cowpeas (blackeyes), immature seeds, raw	1.01	0.13
Broadbeams (fava beams), mature seeds, cooked, briled, without salt 1.01 0.02	14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	1.01	0.56
10.153 Broadbeam (fava beam), mature seeds, cooked, boiled, with salt	15242	Crustaceans, crayfish, mixed species, farmed, raw	1.01	0.24
Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with irm, liquid concentrate, not reconstituted	16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	1.01	0.26
Chicken, broilers or fryers, breast, meat only, cooked, roasted 1.00	16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	1.01	0.26
06114 Gravy, au jus, canned 1.00 0.1 06116 Gravy, beef, canned, ready-to-serve 1.00 0.0 06630 Sance, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve 1.00 0.0 08077 Gravy, meat or poultry, low sodium, prepared 1.00 0.0 08020 Cereals, cast, regular and quick, unerniched, cooked with water (includes boiling and microwaving), without salt 1.00 0.0 08180 Cereals, cast, regular and quick and instant, unerniched, cooked with water (includes boiling and microwaving), with salt 1.00 0.0 08180 Cereals, cast, regular and quick and instant, unerniched, cooked with water (includes boiling and microwaving), with salt 1.00 0.0 08655 Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries 1.00 0.0 08662 Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with cinamon bunches 1.00 0.2 08684 Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's 1.00 0.0 1973 Beans, fava, in pod, raw 1.00 0.0 1572 Fish, sulmor, chum, canned, drained solids with bone 1.00 0.1	03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	1.00	0.11
06116 Gravy, bef, canned, ready-to-serve 1.00 0.1 06630 Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve 1.00 0.0 06977 Gravy, meat or poultry, low sodium, prepared 1.00 0.1 08120 Cereals ready-to-eat, KELLOGG, SCM Flakes 1.00 0.2 08121 Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt 1.00 0.0 08180 Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches 1.00 0.0 08652 Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries 1.00 0.2 08663 Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with cinnamon bunches 1.00 0.2 08664 Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's 1.00 0.2 18973 Berans, fava, in pod, raw 1.00 0.2 18972 Fish, roe, mixed species, raw 1.00 0.1 15972 Fish, salmon, chum, canned, drained solids with bone 1.00 0.1 15180 Fish, salmon, chum, canned, drained solids with bone 1.00 0.1 </td <td>05064</td> <td>Chicken, broilers or fryers, breast, meat only, cooked, roasted</td> <td>1.00</td> <td>0.05</td>	05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	1.00	0.05
06630 Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve 1.00 0.1 06977 Gravy, meat or poultry, low sodium, prepared 1.00 0.0 08020 Cereals ready-to-eat, RELLOGG, KELLOGG S Com Flakes 1.00 0.2 08121 Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt 1.00 0.0 08180 Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt 1.00 0.0 08655 Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches 1.00 0.2 08664 Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with can strawberries 1.00 0.2 08684 Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's 1.00 08684 Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's 1.00 09030 Apricots, dehydrated (low-moisture), sulfured, uncooked 1.00 0.2 11973 Beans, fava, in pod, raw 1.00 0.1 15900 Fish, salmon, chun, canned, drained solids with bone 1.00 0.1 15180 Fish, salmon, chun, canned, drained sol	06114	Gravy, au jus, canned	1.00	0.10
06977 Gravy, meat or poultry, low sodium, prepared 1.00 0.1 08020 Cereals, ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes 1.00 0.2 08121 Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt 1.00 0.0 08180 Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt 1.00 0.0 08655 Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches 1.00 0.0 08665 Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with cinnamon bunches 1.00 0.2 08664 Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's 1.00 0.2 08684 Cereals ready-to-eat, post, dehydrated (low-moisture), sulfured, uncooked 1.00 0.2 11973 Beans, fara, in pod, raw 1.00 0.0 15072 Fish, roe, mixed species, raw 1.00 0.1 15180 Fish, salmon, chum, canned, without salt, drained solids with bone 1.00 0.1 15188 Fish, salmon, chum, canned, without salt, drained solids with bone 1.00 0.0 16224	06116	Gravy, beef, canned, ready-to-serve	1.00	0.10
08020 Cereals ready-to-eat, KELLOGG, KELLOGGS Corn Flakes 1.00 0.02 08121 Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt 1.00 0.04 08180 Cereals, cats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt 1.00 0.01 08655 Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pean bunches 1.00 0.02 08666 Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with call strawberries 1.00 0.02 08684 Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with cinnamon bunches 1.00 0.02 08684 Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with cinnamon bunches 1.00 0.02 1973 Beans, fava, in pod, raw 1.00 0.5 1974 Eish, roc, mixed species, raw 1.00 0.0 15180 Fish, salmon, chum, canned, drained solids with bone 1.00 0.0 15180 Fish, salmon, chum, canned, without salt, drained solids with bone 1.00 0.0 15224 Fish, using, cooked, dry heat 1.00 0.0 16028 <	06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	1.00	0.12
08121 Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), with salt 1.00 0.00 08180 Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt 1.00 0.00 08655 Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches 1.00 0.2 08662 Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with cinamon bunches 1.00 0.2 08665 Cereals ready-to-eat, CASCADIAN FARM, Honey Nut OS 1.00 0.2 08666 Cereals ready-to-eat, CASCADIAN FARM, Honey Nut OS 1.00 0.2 08667 Cereals ready-to-eat, CASCADIAN FARM, Honey Nut OS 1.00 0.2 086684 Cereals ready-to-eat, CASCADIAN FARM, Honey Nut OS 1.00 0.2 11973 Beans, fava, in pod, raw 1.00 0.4 15072 Fish, ne, mixed species, raw 1.00 0.1 15180 Fish, salmon, chum, canned, drained solids with bone 1.00 0.1 15180 Fish, salmon, chum, canned, without salt drained solids with bone 1.00 0.0 15224 Fish, wolffish, Atlantic, c	06977	Gravy, meat or poultry, low sodium, prepared	1.00	0.10
08180 Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt 1.00 0.01 08655 Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches 1.00 0.01 08662 Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries 1.00 0.02 08665 Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's 1.00 0.02 08684 Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's 1.00 0.02 09030 Apricots, dehydrated (low-moisture), sulfured, uncooked 1.00 0.02 11973 Beans, fava, in pod, raw 1.00 0.04 15072 Fish, selmon, chum, canned, drained solids with bone 1.00 0.01 15180 Fish, salmon, chum, canned, without salt, drained solids with bone 1.00 0.01 15198 Fish, ling, cooked, dry heat 1.00 0.01 15224 Fish, wolffish, Allantic, cooked, boiled, without salt 1.00 0.01 16086 Peas, split, mature seeds, cooked, boiled, without salt 1.00 0.01 16386 Peas, split, mature seeds, cooked, boiled, without salt <td>08020</td> <td>Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes</td> <td>1.00</td> <td>0.20</td>	08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	1.00	0.20
08655 Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches 1.00 0.1 08662 Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries 1.00 0.2 08665 Cereals ready-to-eat, CASCADIAN FARM, Honey Nut Os 1.00 0.2 08684 Cereals ready-to-eat, CASCADIAN FARM, Honey Nut Os 1.00 0.5 09030 Apricots, dehydrated (low-moisture), sulfured, uncooked 1.00 0.5 11973 Beans, fava, in pod, raw 1.00 0.4 15072 Fish, roe, mixed species, raw 1.00 0.4 15080 Fish, salmon, chum, canned, drained solids with bone 1.00 0.1 15180 Fish, salmon, chum, canned, without salt, drained solids with bone 1.00 0.1 15224 Fish, ling, cooked, dry heat 1.00 0.1 16028 Beans, kidney, all types, mature seeds, cooked, boiled, without salt 1.00 0.2 16086 Peas, split, mature seeds, cooked, boiled, with salt 1.00 0.1 16386 Peas, split, mature seeds, cooked, boiled, with salt 1.00 0.1 16598 <t< td=""><td>08121</td><td>Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt</td><td>1.00</td><td>0.07</td></t<>	08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	1.00	0.07
08662 Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries 1.00 0.2 08665 Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches 1.00 08684 Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's 1.00 09030 Apricots, dehydrated (low-moisture), sulfured, uncooked 1.00 0.5 11973 Beans, fava, in pod, raw 1.00 0.4 15072 Fish, noe, mixed species, raw 1.00 0.1 15080 Fish, salmon, chum, canned, drained solids with bone 1.00 0.1 15180 Fish, salmon, chum, canned, without salt, drained solids with bone 1.00 0.1 15198 Fish, ling, cooked, dry heat 1.00 0.1 15224 Fish, wolffish, Atlantic, cooked, dry heat 1.00 0.6 16028 Beans, kidney, all types, mature seeds, cooked, boiled, without salt 1.00 0.6 16386 Peas, split, mature seeds, cooked, boiled, without salt 1.00 0.1 16508 LOMA LINDA Tender Bits, canned, unprepared 1.00 16511 WORTHINGTON Multigrain Cutlets, canned, unprepared 1	08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	1.00	0.07
08665 Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches 1.00 0.00 08684 Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's 1.00 0.00 09030 Apricots, dehydrated (low-moisture), sulfured, uncooked 1.00 0.00 11973 Beans, fava, in pod, raw 1.00 0.01 15072 Fish, roe, mixed species, raw 1.00 0.01 15080 Fish, salmon, chum, canned, drained solids with bone 1.00 0.01 15180 Fish, salmon, chum, canned, without salt, drained solids with bone 1.00 0.01 15198 Fish, ling, cooked, dry heat 1.00 0.01 15224 Fish, wolffish, Atlantic, cooked, bried, without salt 1.00 0.02 16028 Beans, kidney, all types, mature seeds, cooked, boiled, without salt 1.00 0.01 16386 Peas, split, mature seeds, cooked, boiled, with salt 1.00 0.01 16508 LOMA LINDA Tender Bits, canned, unprepared 1.00 0.01 16511 WORTHINGTON Choplets, canned, unprepared 1.00 0.00 16521 WORTHINGTON Vegeta	08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	1.00	0.14
08684 Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's 1.00 09030 Apricots, dehydrated (low-moisture), sulfured, uncooked 1.00 0.5 11973 Beans, fava, in pod, raw 1.00 0.4 15072 Fish, roe, mixed species, raw 1.00 0.1 15180 Fish, salmon, chum, canned, drained solids with bone 1.00 0.1 15198 Fish, salmon, chum, canned, without salt, drained solids with bone 1.00 0.1 15224 Fish, wolffish, Atlantic, cooked, dry heat 1.00 0.0 16028 Beans, kidney, all types, mature seeds, cooked, boiled, without salt 1.00 0.2 16086 Peas, split, mature seeds, cooked, boiled, without salt 1.00 0.1 16386 Peas, split, mature seeds, cooked, boiled, with salt 1.00 0.1 16508 LOMA LINDA Tender Bits, canned, unprepared 1.00 16511 WORTHINGTON Choplets, canned, unprepared 1.00 16516 WORTHINGTON Wegetable Skallops, canned, unprepared 1.00 16521 WORTHINGTON Vegetable Skallops, canned, unprepared 1.00	08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	1.00	0.20
09030 Apricots, dehydrated (low-moisture), sulfured, uncooked 1.00 0.5 11973 Beans, fava, in pod, raw 1.00 0.4 15072 Fish, roe, mixed species, raw 1.00 0.1 15080 Fish, salmon, chum, canned, drained solids with bone 1.00 0.1 15180 Fish, salmon, chum, canned, without salt, drained solids with bone 1.00 0.1 15198 Fish, ling, cooked, dry heat 1.00 0.1 15224 Fish, wolffish, Atlantic, cooked, dry heat 1.00 0.2 16028 Beans, kidney, all types, mature seeds, cooked, boiled, without salt 1.00 0.2 16086 Peas, split, mature seeds, cooked, boiled, without salt 1.00 0.1 16386 Peas, split, mature seeds, cooked, boiled, with salt 1.00 0.1 16508 LOMA LINDA Tender Bits, canned, unprepared 1.00 16511 WORTHINGTON Choplets, canned, unprepared 1.00 16521 WORTHINGTON Wegetable Skallops, canned, unprepared 1.00	08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	1.00	0.20
11973 Beans, fava, in pod, raw 1.00 0.4 15072 Fish, roe, mixed species, raw 1.00 0.1 15080 Fish, salmon, chum, canned, drained solids with bone 1.00 0.1 15180 Fish, salmon, chum, canned, without salt, drained solids with bone 1.00 0.1 15198 Fish, ling, cooked, dry heat 1.00 0.1 15224 Fish, wolffish, Atlantic, cooked, dry heat 1.00 0.2 16028 Beans, kidney, all types, mature seeds, cooked, boiled, without salt 1.00 0.2 16086 Peas, split, mature seeds, cooked, boiled, without salt 1.00 0.1 16386 Peas, split, mature seeds, cooked, boiled, with salt 1.00 0.1 16508 LOMA LINDA Tender Bits, canned, unprepared 1.00 0.1 16511 WORTHINGTON Choplets, canned, unprepared 1.00 0.1 16516 WORTHINGTON Multigrain Cutlets, canned, unprepared 1.00 0.0 16521 WORTHINGTON Vegetable Skallops, canned, unprepared 1.00	08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	1.00	
15072 Fish, roe, mixed species, raw 1.00 0.1 15080 Fish, salmon, chum, canned, drained solids with bone 1.00 0.1 15180 Fish, salmon, chum, canned, without salt, drained solids with bone 1.00 0.1 15198 Fish, ling, cooked, dry heat 1.00 0.1 15224 Fish, wolffish, Atlantic, cooked, dry heat 1.00 0.2 16028 Beans, kidney, all types, mature seeds, cooked, boiled, without salt 1.00 0.2 16386 Peas, split, mature seeds, cooked, boiled, with salt 1.00 0.1 16508 LOMA LINDA Tender Bits, canned, unprepared 1.00 16511 WORTHINGTON Choplets, canned, unprepared 1.00 16516 WORTHINGTON Multigrain Cutlets, canned, unprepared 1.00 16521 WORTHINGTON Vegetable Skallops, canned, unprepared 1.00	09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	1.00	0.58
15080 Fish, salmon, chum, canned, drained solids with bone 1.00 0.1 15180 Fish, salmon, chum, canned, without salt, drained solids with bone 1.00 0.1 15198 Fish, ling, cooked, dry heat 1.00 0.1 15224 Fish, wolffish, Atlantic, cooked, dry heat 1.00 0.0 16028 Beans, kidney, all types, mature seeds, cooked, boiled, without salt 1.00 0.2 16086 Peas, split, mature seeds, cooked, boiled, without salt 1.00 0.1 16386 Peas, split, mature seeds, cooked, boiled, with salt 1.00 0.1 16508 LOMA LINDA Tender Bits, canned, unprepared 1.00 16511 WORTHINGTON Choplets, canned, unprepared 1.00 16516 WORTHINGTON Multigrain Cutlets, canned, unprepared 1.00 16521 WORTHINGTON Vegetable Skallops, canned, unprepared 1.00	11973	Beans, fava, in pod, raw	1.00	0.40
Fish, salmon, chum, canned, without salt, drained solids with bone 1.00 0.1 15198 Fish, ling, cooked, dry heat 1.00 0.1 15224 Fish, wolffish, Atlantic, cooked, dry heat 1.00 0.0 16028 Beans, kidney, all types, mature seeds, cooked, boiled, without salt 1.00 0.2 16086 Peas, split, mature seeds, cooked, boiled, without salt 1.00 0.1 16386 Peas, split, mature seeds, cooked, boiled, with salt 1.00 0.1 16510 WORTHINGTON Choplets, canned, unprepared 1.00 16511 WORTHINGTON Multigrain Cutlets, canned, unprepared 1.00 16521 WORTHINGTON Vegetable Skallops, canned, unprepared 1.00	15072	Fish, roe, mixed species, raw	1.00	0.10
15198 Fish, ling, cooked, dry heat 1.00 0.1 15224 Fish, wolffish, Atlantic, cooked, dry heat 1.00 0.0 16028 Beans, kidney, all types, mature seeds, cooked, boiled, without salt 1.00 0.2 16086 Peas, split, mature seeds, cooked, boiled, without salt 1.00 0.1 16386 Peas, split, mature seeds, cooked, boiled, with salt 1.00 0.1 16508 LOMA LINDA Tender Bits, canned, unprepared 1.00 16511 WORTHINGTON Choplets, canned, unprepared 1.00 16516 WORTHINGTON Multigrain Cutlets, canned, unprepared 1.00 16521 WORTHINGTON Vegetable Skallops, canned, unprepared 1.00	15080	Fish, salmon, chum, canned, drained solids with bone	1.00	0.10
Fish, wolffish, Atlantic, cooked, dry heat 1.00 16028 Beans, kidney, all types, mature seeds, cooked, boiled, without salt 1.00 16086 Peas, split, mature seeds, cooked, boiled, without salt 1.00	15180	Fish, salmon, chum, canned, without salt, drained solids with bone	1.00	0.10
Beans, kidney, all types, mature seeds, cooked, boiled, without salt 1.00	15198	Fish, ling, cooked, dry heat	1.00	0.14
Peas, split, mature seeds, cooked, boiled, without salt 1.00 0.1 16386 Peas, split, mature seeds, cooked, boiled, with salt 1.00 0.1 16508 LOMA LINDA Tender Bits, canned, unprepared 1.00 16511 WORTHINGTON Choplets, canned, unprepared 1.00 16516 WORTHINGTON Multigrain Cutlets, canned, unprepared 1.00 16521 WORTHINGTON Vegetable Skallops, canned, unprepared 1.00	15224	Fish, wolffish, Atlantic, cooked, dry heat	1.00	0.04
Peas, split, mature seeds, cooked, boiled, with salt LOMA LINDA Tender Bits, canned, unprepared WORTHINGTON Choplets, canned, unprepared WORTHINGTON Multigrain Cutlets, canned, unprepared WORTHINGTON Vegetable Skallops, canned, unprepared 1.00 WORTHINGTON Vegetable Skallops, canned, unprepared 1.00	16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	1.00	0.22
16508LOMA LINDA Tender Bits, canned, unprepared1.0016511WORTHINGTON Choplets, canned, unprepared1.0016516WORTHINGTON Multigrain Cutlets, canned, unprepared1.0016521WORTHINGTON Vegetable Skallops, canned, unprepared1.00	16086	Peas, split, mature seeds, cooked, boiled, without salt	1.00	0.18
WORTHINGTON Choplets, canned, unprepared 1.00 WORTHINGTON Multigrain Cutlets, canned, unprepared 1.00 WORTHINGTON Vegetable Skallops, canned, unprepared 1.00	16386	Peas, split, mature seeds, cooked, boiled, with salt	1.00	0.18
WORTHINGTON Multigrain Cutlets, canned, unprepared 1.00 WORTHINGTON Vegetable Skallops, canned, unprepared 1.00	16508	LOMA LINDA Tender Bits, canned, unprepared	1.00	
16521 WORTHINGTON Vegetable Skallops, canned, unprepared 1.00	16511	WORTHINGTON Choplets, canned, unprepared	1.00	
	16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	1.00	
WAR WAR WAR WAR AND A STATE OF THE STATE OF	16521	WORTHINGTON Vegetable Skallops, canned, unprepared	1.00	
16531 WORTHINGTON Prosage Links, frozen, unprepared 1.00	16531	WORTHINGTON Prosage Links, frozen, unprepared	1.00	

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	1.00	0.18
18978	KASHI, Blueberry Waffle	1.00	
19069	Candies, NESTLE, BUTTERFINGER Bar	1.00	0.19
20025	Cornmeal, yellow, self-rising, degermed, enriched	1.00	0.13
20325	Cornmeal, white, self-rising, degermed, enriched	1.00	0.13
21022	Fast foods, english muffin, with egg, cheese, and sausage	1.00	0.21
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	1.00	
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	1.00	
22905	Beef stew, canned entree	1.00	0.14
23438	Beef, New Zealand, imported, sweetbread, raw	1.00	5.10
25046	Snacks, bagel chips, plain	1.00	0.17
28028	FAMOUS AMOS, Chocolate Chip Pecan Cookies	1.00	
28041	KASHI, TLC, Oatmeal Raisin Flax Cookies	1.00	
28162	KELLOGG'S, Corn Flakes Crumbs	1.00	
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	1.00	
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Dnion	1.00	
28221	MURRAY, SUGAR FREE, Chocolate Chip & Cookies	1.00	
80200	Frog legs, raw	1.00	0.25
90560	Mollusks, snail, raw	1.00	0.40
93600	Turtle, green, raw	1.00	0.25
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	0.99	0.14
19144	Candies, NESTLE, 100 GRAND Bar	0.99	0.18
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	0.99	0.20
19415	Snacks, potato sticks	0.99	0.32
19910	Candies, crispy bar with peanut butter filling	0.99	0.20
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	0.99	0.56
22917	Burrito, beef and bean, frozen	0.99	0.21
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	0.99	0.09
32009	Pasta mix, classic beef, unprepared	0.99	0.16
32028	Turnover, filled with egg, meat and cheese, frozen	0.99	0.06
32032	Sausage, egg and cheese breakfast biscuit	0.99	0.07
06051	Soup, pea, split with ham, canned, condensed	0.99	0.28
11450	Soybeans, green, raw	0.99	0.13
14311	Beverages, Malted drink mix, natural, powder, dairy based.	0.99	0.20
15039	Fish, herring, Atlantic, raw	0.99	0.09
15130	Fish, whitefish, mixed species, raw	0.99	0.07

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
15191	Fish, butterfish, cooked, dry heat	0.99	0.07
01226	Egg substitute, liquid or frozen, fat free	0.98	0.02
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	0.98	0.08
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	0.98	0.08
06930	Sauce, cheese, ready-to-serve	0.98	0.02
08106	Cereals, CREAM OF WHEAT, instant, dry	0.98	0.22
14368	Beverages, tea, instant, lemon, unsweetened	0.98	0.33
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	0.98	0.22
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	0.98	0.22
17375	Lamb, New Zealand, imported, sweetbread, raw	0.98	0.06
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	0.98	0.26
19042	Snacks, potato chips, barbecue-flavor	0.98	0.25
19043	Snacks, potato chips, sour-cream-and-onion-flavor	0.98	0.30
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	0.98	0.15
21422	KFC, Popcorn Chicken	0.98	0.08
22963	Lean Pockets, Meatballs & Dozzarella	0.98	0.08
28292	Crackers, multigrain	0.98	0.15
32017	Pasta mix, Italian four cheese lasagna, unprepared	0.98	0.16
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	0.98	0.08
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	0.98	0.08
36045	ON THE BORDER, refried beans	0.98	0.20
18346	Rolls, dinner, rye	0.97	0.20
21341	McDONALD'S, BIG BREAKFAST	0.97	0.08
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	0.97	0.06
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	0.97	0.05
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	0.97	0.06
28320	English muffins, whole grain white	0.97	0.16
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	0.97	0.13
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.97	0.02
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	0.97	0.06
05039	Chicken, broilers or fryers, light meat, meat only, raw	0.97	0.04
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	0.97	0.04
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	0.97	0.04
05154	Pheasant, raw, meat only	0.97	0.07
07034	Headcheese, pork	0.97	0.12
14083	Beverages, chocolate malt, powder, prepared with fat free milk	0.97	0.09

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	0.97	0.18
15190	Fish, burbot, cooked, dry heat	0.97	0.26
18154	Cookies, brownies, prepared from recipe	0.97	0.39
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	0.97	0.16
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	0.96	0.10
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	0.96	0.12
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	0.96	0.12
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	0.96	0.12
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	0.96	0.10
05019	Chicken, broilers or fryers, skin only, cooked, stewed	0.96	0.05
05153	Pheasant, raw, meat and skin	0.96	0.06
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	0.96	0.04
06957	Gravy, brown instant, dry	0.96	0.15
11267	Mushrooms, shiitake, stir-fried	0.96	0.16
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	0.96	0.38
14224	Beverages, coffee, instant, mocha, sweetened	0.96	0.44
15217	Fish, sucker, white, cooked, dry heat	0.96	0.25
15260	Fish, salmon, pink, canned, drained solids	0.96	0.08
16041	Beans, pink, mature seeds, cooked, boiled, without salt	0.96	0.27
16341	Beans, pink, mature seeds, cooked, boiled, with salt	0.96	0.27
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	0.96	0.17
18972	Bread, cheese	0.96	0.09
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	0.96	0.10
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	0.96	0.10
25037	Snacks, pita chips, salted	0.96	0.14
18967	Bread, white wheat	0.95	0.15
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	0.95	0.11
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	0.95	0.11
22969	Chili with beans, microwavable bowls	0.95	0.08
36059	Restaurant, Italian, chicken parmesan without pasta	0.95	0.07
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	0.95	0.06
15012	Fish, caviar, black and red, granular	0.95	0.11
15156	Mollusks, abalone, mixed species, cooked, fried	0.95	0.23
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	0.95	0.24
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	0.95	0.24
01095	Milk, canned, condensed, sweetened	0.94	0.02

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
05323	Chicken patty, frozen, uncooked	0.94	0.21
15047	Fish, mackerel, Atlantic, cooked, dry heat	0.94	0.09
18241	Croissants, cheese	0.94	0.10
18243	Croutons, seasoned	0.94	0.17
18353	Rolls, hard (includes kaiser)	0.94	0.16
18378	Cookies, chocolate chip, prepared from recipe, made with butter	0.94	0.39
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	0.94	0.15
18457	Crackers, saltines, fat-free, low-sodium	0.94	0.14
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	0.94	0.18
25024	Pretzels, soft, unsalted	0.94	0.13
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	0.94	0.07
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	0.94	0.14
36606	CRACKER BARREL, farm raised catfish platter	0.94	0.05
43109	Pretzels, soft	0.94	0.13
18377	Cookies, oatmeal, prepared from recipe, without raisins	0.93	0.17
19143	Candies, MR. GOODBAR Chocolate Bar	0.93	0.17
02063	Rosemary, fresh	0.93	0.30
03216	Babyfood, teething biscuits	0.93	0.14
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	0.93	0.10
05015	Chicken, broilers or fryers, skin only, raw	0.93	0.04
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	0.93	0.04
12096	Nuts, chestnuts, chinese, roasted	0.93	0.39
18081	Bread stuffing, bread, dry mix	0.93	0.24
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	0.93	0.38
01159	Cheese, goat, soft type	0.92	0.73
03049	Babyfood, dinner, beef and rice, toddler	0.92	0.05
03689	Babyfood, cereal, oatmeal, prepared with whole milk	0.92	0.09
05282	Pate de foie gras, canned (goose liver pate), smoked	0.92	0.40
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	0.92	0.04
07054	Pate, goose liver, smoked, canned	0.92	0.40
11001	Alfalfa seeds, sprouted, raw	0.92	0.16
11386	Potatoes, scalloped, dry mix, unprepared	0.92	0.26
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	0.92	0.10
16055	Carob flour	0.92	0.57
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	0.92	0.30
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	0.92	0.06

4183 Canalise, MARSA SNACKPOOD US, TWIX chorolate fieldge cookie bars 0.92 0.25 1921 Snacks, potato chips, cheese-flavor 0.91 0.25 2022 Miller, cooked 0.91 0.01 22910 Lasagna, cheese, frozer, prepared 0.91 0.01 56253 Restaurant, Latino, brounders (fried yeast bread) 0.91 0.04 56453 Restaurant, Latinos, brounders, fried yeast bread) 0.91 0.05 0605 Did sweet, fried) 0.91 0.05 0606 Did sweet, fried, yeast bread) 0.91 0.05 0609 Potatos, span, instant, dry mix 0.91 0.05 0793 Ban, honey, smooted, coded 0.91 0.01 1830 Potatos, mabed, debyderied, grantles without milk, dry form 0.91 0.01 1845 Stoybean, green, cooked, boiled, drained, without shall added surrients, prepared with whole milk 0.91 0.01 1852 Bewargas, chocalise-flavor brewarge mix for mix ii, proder, with added surrients, prepared with whole milk 0.91 0.02 1967 Chicke, broads, carely apesie, a varient of surr	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
20212 Millen, cursheal 0.91 0.16 22910 Lasgauc, deces, frozer, peepared 0.01 0.11 25053 Asses, bepative livelys, male from dried pulates (preformed), multigrain 0.91 0.04 25054 Restaurant, Latiao, busuelos (fifed yeast bread) 0.91 0.05 36633 Restaurant, Climese, sessure clivele 0.91 0.05 05045 Dill weed, fields 0.91 0.05 06959 Patan soup, instaut, dry mix 0.91 0.05 07938 Ham, Inony, amaked, cooked 0.91 0.01 11830 Pottuses, mashed, delythrand, granules without milk, dry form 0.91 0.01 11851 Soybeans, green, cooked, boiled, drained, without salt 0.91 0.01 11853 Soybeans, green, cooked, boiled, drained, without salt 0.91 0.02 11853 Soybeans, green, cooked, boiled, drained, without salt 0.91 0.02 11853 Soybeans, green, cooked, boiled, drained, without salt 0.91 0.02 11859 Mollvoks, coollop, inted species, new 0.91 0.02	42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	0.92	0.29
2591	19421	Snacks, potato chips, cheese-flavor	0.91	0.25
25033 Snacks, pouto chips, made from died potatoes (preformed), malfigrain 0.91 0.14 26416 Restauman, Latino, bunucles (fried yeast bread) 0.91 0.05 26215 Dill weed, fresh 0.91 0.15 0,000 Potato sorp, instant, dry mix 0.91 0.25 0,000 Potato sorp, instant, dry mix 0.91 0.04 1,180 Potatos, marbied, debydrated, granules without mill, dry form 0.91 0.10 1,180 Potatos, marbied, debydrated, granules without mill, dry form 0.91 0.10 1,183 Shybram, gene, cooked, briefd, drimed, without silt 0.91 0.12 1,883 Beverages, chosolate-flavor beverage mix for milk, prossler, with added uttrients, prepared with whole milk 0.91 0.02 1,997 Molluks, samel, eynopated, molfat, with added vitamin A and vitamin D 0.90 0.04 1,997 Disk samel, eynopated, molfat, with added vitamin A and vitamin D 0.90 0.01 1,997 Disk samel, eynopated, molfat, with added vitamin A and vitamin D 0.90 0.01 1,997 Disk samel, samel, marketters, caused, conducted 0.90	20032	Millet, cooked	0.91	0.16
36116 Restaurant, Latino, bunuclos (fried yeast becad) 0.91 0.03 36633 Restaurant, Chinese, sessine chicken 0.91 0.05 102045 Dill veecd, fresh 0.91 0.05 60696 Potato soup, instant, dry mix 0.91 0.02 97938 Ham, buney, smoked, cubked 0.91 0.01 11380 Potatoes, mashed, dehydrated, granules without milk, dry form 0.91 0.02 11451 Soybeams, green, cooked, boiled, drained, without salt 0.91 0.12 11853 Soybeams, green, cooked, boiled, drained, with salf 0.91 0.12 14558 Beverages, chocolate-flavor beverage mils for milk, powder, with added nutrients, prepared with whole milk 0.91 0.02 15772 Millus, same, preen, cooked, boiled, drained, with added nutrients, prepared with whole milk 0.91 0.02 16797 Mille, canned, evaporated, nonfat, with added vitumin A and vitamin D 0.91 0.02 16707 Millis, canned, evaporated, nonfat, with added vitumin A and vitamin D 0.90 0.03 05747 Chicker, bruiter or fyers, brusal, skinles, buneless, meat only, cooked, grilled	22910	Lasagna, cheese, frozen, prepared	0.91	0.11
36633 Restaurant, Chinese, essame chicken 0.91 0.05 02045 Dill seed, Iresh 0.91 0.15 06969 Petato coap, instant, dry mix 0.91 0.05 07938 Ham, honey, smoked, cooked 0.91 0.08 11380 Potatose, mashed, debydrated, granules without milk, dry form 0.91 0.10 11451 Stybeans, green, cooked, boiled, drained, without salt 0.91 0.12 11453 Soybeans, green, cooked, boiled, drained, with salt 0.91 0.12 14588 Beverages, chocolate-flavor beverage mix for milk, powder, with added autrients, prepared with whole milk 0.91 0.02 15772 Mollusks, scallop, mixed species, mixed species, mixed power, with added vitramin A and vitramin D 0.90 0.01 0607 Milk, canned, evaporated, mofiar, with added vitramin A and vitramin D 0.90 0.01 03209 Babyfood, crackers, vegetable 0.90 0.01 05474 Chicken, brouler or fyres, breast, skinlers, boneless, meat only, cooked, grilled 0.90 0.01 06064 Soup, teackey, chunky, canned, crady-to-serve 0.90 0.01	25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	0.91	0.14
02045 Dill weed, fresh 0.91 0.15 09696 Patato soup, instant, dry mix 0.91 0.25 07938 Ham, honey, smoked, cooked 0.91 0.04 11380 Patatoes, masked, deltydrated, granules without milk, dry form 0.91 0.12 11451 Soybeans, green, cooked, boiled, drained, without salt 0.91 0.12 11853 Soybeans, green, cooked, boiled, drained, with salt 0.91 0.12 11853 Beverages, chocdate-flavor beverage mix for milk, powder, with added untrients, prepared with whole milk 0.91 0.12 15172 Molluds, scallop, mixed species, raw 0.91 0.02 01077 Milk, canned, evoporated, nonfal, with added vitamin A and vitamin D 0.90 0.01 01079 Milk, canned, evoporated, nonfal, with added vitamin A and vitamin D 0.90 0.01 01070 Milk, canned, evoporated, nonfal, with added vitamin A and vitamin D 0.90 0.01 05070 Milk, canned, evoporated, nonfal, with added vitamin A and vitamin D 0.90 0.01 06074 Sup, turke, burky, canned, ready-to-searcy again and turkey, chunky, canned, ready-to-searcy again ana	36416	Restaurant, Latino, bunuelos (fried yeast bread)	0.91	0.04
06969 Potato soup, Instant, dry mix 0.91 0.25 07938 Ham, koney, smoked, cooked 0.91 0.04 11380 Potatoes, mashed, delydrated, grandles without milk, dry form 0.91 0.12 11451 Soybeans, green, cooked, boiled, drained, without salt 0.91 0.12 11853 Soybeans, green, cooked, boiled, drained, with salt 0.91 0.12 14858 Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk 0.91 0.02 11572 Mollasks, scallop, mixed species, raw 0.91 0.02 0007 Milk, canned, evaporated, norfar, with added vitamin A and vitamin D 0.90 0.03 0329 Babyfood, crackers, vegetable 0.90 0.13 05747 Chicken, broiler or fyers, breast, skinless, honeless, meat only, cooked, grilled 0.90 0.03 0606 Soup, turkey, chunky, canned, ready-to-serve 0.90 0.10 06774 Soup, beam with frankfurters, canned, prepared with water, low sodium 0.90 0.01 0674 Soup, turkey, chunky, canned, ready-to-serve 0.90 0.01 <td>36633</td> <td>Restaurant, Chinese, sesame chicken</td> <td>0.91</td> <td>0.05</td>	36633	Restaurant, Chinese, sesame chicken	0.91	0.05
67938 Ham, honey, smoked, cooked 0.91 0.04 11380 Potatoes, mashed, delydrated, granules without milk, dry form 0.91 0.10 11451 Soybeans, green, cooked, boiled, drained, without salt 0.91 0.12 11853 Soybeans, green, cooked, boiled, drained, with salt 0.91 0.12 14858 Beverages, chocolats-flavor beverage mix for milk, prowder, with added nutrients, prepared with whole milk 0.91 0.02 15172 Mollasks, scallop, mixed species, raw 0.91 0.02 10979 Milk, canned, exportated, norfat, with added vitamin A and vitamin D 0.90 0.02 10974 Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled 0.90 0.04 0504 Soup, bean with frankfurters, canned, condensed 0.90 0.04 0606 Soup, mixely, chunky, canned, ready-to-serve 0.90 0.10 06064 Soup, mixely, chunky, canned, ready-to-serve 0.90 0.10 06065 Soup, englesh chicken, canned, prepared with water, low sodium 0.90 0.10 06066 Soup, ready-to-sea, Kalfl ORGANIC PROMISE, STRAWBERRY FIELDS	02045	Dill weed, fresh	0.91	0.15
11380 Potatoes, mashed, dehydrated, granules without milk, dry form 0.91 0.10 11451 Sopheans, green, cooked, hoiled, drained, without salt 0.91 0.12 11853 Sopheans, green, cooked, hoiled, drained, with salt 0.91 0.12 11858 Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk 0.91 0.10	06969	Potato soup, instant, dry mix	0.91	0.25
11451 Soybeans, green, cooked, boiled, drained, without salt 0.91 0.12 11853 Soybeans, green, cooked, boiled, drained, with salt 0.91 0.12 14558 Beverages, chocolate-flavor beverage mix for milk, powder, with added autrients, prepared with whole milk 0.91 0.02 15172 Mollusks, scallop, mixed species, raw 0.91 0.02 0020 Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D 0.90 0.02 03209 Babyfood, crackers, vegetable 0.90 0.03 05747 Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled 0.90 0.04 0606 Soup, tarkey, chunky, canned, ready-to-serve 0.90 0.10 06974 Soup, vegetable chicken, canned, prepared with water, low sodium 0.90 0.10 06974 Soup, vegetable chicken, canned, prepared with water, low sodium 0.90 0.10 06974 Soup, vegetable chicken, canned, prepared with water, low sodium 0.90 0.05 1065 Pork, cured, salt pork, raw 0.90 0.05 10942 Pork, cured, salt pork, raw 0.90 <td< td=""><td>07938</td><td>Ham, honey, smoked, cooked</td><td>0.91</td><td>0.04</td></td<>	07938	Ham, honey, smoked, cooked	0.91	0.04
11853 Soybeans, green, cooked, boiled, drained, with salt 0.91 0.12 14858 Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk 0.91 0.02 15172 Mollusks, scallop, mixed species, raw 0.91 0.02 01097 Milk, canned, exeporated, noffat, with added vitamin A and vitamin D 0.90 0.02 03209 Babyfood, crackers, vegetable 0.90 0.04 06006 Soup, bean with frankfurters, canned, condensed 0.90 0.04 06006 Soup, bean with frankfurters, canned, condensed 0.90 0.30 06064 Soup, turkey, chunky, canned, ready-to-serve 0.90 0.10 06974 Song, vegetable chicken, canned, prepared with water, low sodium 0.90 0.10 08463 Cercals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS 0.90 0.05 10165 Pork, creek, sall pork, raw 0.90 0.05 10942 Pork, fresh, composite of separable fat, with added solution, raw 0.90 0.06 10942 Pork, fresh, composite of separable fat, with added solution, raw 0.90 0	11380	Potatoes, mashed, dehydrated, granules without milk, dry form	0.91	0.10
14558 Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk 0.91 0.02 0.02 0.02 0.097 0.015 0.02 0.097 0.015 0.097 0.015 0.097 0.015 0.097 0.015 0.097 0.015 0.097 0.015 0.097 0.015 0.097 0.015 0.097 0.015 0.097 0.015 0.097 0.015 0.097 0.015 0.097 0.015 0.097 0.015 0.097 0.015 0.097 0.015 0.097 0.015 0.097 0.015 0.005	11451	Soybeans, green, cooked, boiled, drained, without salt	0.91	0.12
15172 Mollusks, scallop, mixed species, raw 0.91 0.02 01097 Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D 0.90 0.02 03209 Babyfood, crackers, vegetable 0.90 0.13 05747 Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled 0.90 0.04 06006 Soup, bean with frankfurters, canned, condensed 0.90 0.30 06064 Soup, turkey, chunky, canned, ready-to-serve 0.90 0.10 0674 Soup, vegetable chicken, canned, prepared with water, low sodium 0.90 0.10 08463 Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS 0.90 0.05 1065 Pork, Cured, salt pork, raw 0.90 0.05 10942 Pork, fresh, composite of separable fat, with added solution, raw 0.90 0.06 11045 Mung beans, mature seeds, sprouted, cooked, stir-fried 0.90 0.26 11045 Mung beans, mature seeds, sprouted, cooked, stir-fried 0.90 0.24 12041 Seeds, breadfruit seeds, raw 0.90 0.24 15119	11853	Soybeans, green, cooked, boiled, drained, with salt	0.91	0.12
01097 Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D 0.90 0.02 03209 Babyfood, crackers, vegetable 0.90 0.13 05747 Chicken, broiler or fiyers, breast, skinless, boneless, meat only, cooked, grilled 0.90 0.04 06006 Soup, bean with frankfurters, canned, condensed 0.90 0.30 06064 Soup, turkey, chunky, canned, ready-to-serve 0.90 0.10 06074 Soup, vegetable chicken, canned, prepared with water, low sodium 0.90 0.10 08463 Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS 0.90 0.05 1065 Pork, cured, sall pork, raw 0.90 0.05 10942 Pork, fresh, composite of separable fat, with added solution, raw 0.90 0.06 11043 Amaranth leaves, raw 0.90 0.26 11584 Potatoes, au gratin, dry mix, unprepared 0.90 0.26 12001 Seeds, breadfruit seeds, raw 0.90 0.27 15119 Fish, tuna, light, canned in oil, drained solids 0.90 0.07 15183 Fish, tuna, light, canned	14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	0.91	0.10
03209 Babyfood, crackers, vegetable 0.90 0.13 05747 Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled 0.90 0.04 06006 Soup, bean with frankfurters, canned, condensed 0.90 0.30 06064 Soup, turkey, chunky, canned, ready-to-serve 0.90 0.10 06974 Soup, vegetable chicken, canned, prepared with water, low sodium 0.90 0.10 08463 Cereals ready-to-ear, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS 0.90 0.95 10165 Pork, cured, salt pork, raw 0.90 0.05 10942 Pork, fresh, composite of separable far, with added solution, raw 0.90 0.06 11003 Amaranth leaves, raw 0.90 0.06 11045 Mung beans, mature seeds, sprouted, cooked, stir-fried 0.90 0.26 11384 Potatoes, au gratin, dry mix, unprepared 0.90 0.24 12001 Seeds, breadfruit seeds, raw 0.90 0.07 15183 Fish, tuna, light, canned in oil, drained solids 0.90 0.07 16036 Beans, kidney, royal red, mature seeds, cooked, boiled, without salt 0.90 0.26	15172	Mollusks, scallop, mixed species, raw	0.91	0.02
05747 Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled 0.90 0.04 06006 Soup, bean with frankfurters, canned, condensed 0.90 0.30 06064 Soup, turkey, chunky, canned, ready-to-serve 0.90 0.10 06974 Soup, vegetable chicken, canned, prepared with water, low sodium 0.90 0.10 08463 Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS 0.90 0.90 10165 Pork, cured, sall pork, raw 0.90 0.05 10942 Pork, fresh, composite of separable fat, with added solution, raw 0.90 0.06 11003 Amaranth leaves, raw 0.90 0.16 11045 Mung beans, mature seeds, sprouted, cooked, stir-fried 0.90 0.26 11384 Potatoes, au gratin, dry mix, unprepared 0.90 0.24 12001 Seeds, breadfruit seeds, raw 0.90 0.07 15183 Fish, tuna, light, canned in oil, drained solids 0.90 0.07 15183 Fish, tuna, light, canned in oil, without salt drained solids 0.90 0.07 1602 Pigeon	01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	0.90	0.02
06006 Soup, bean with frankfurters, canned, condensed 0.90 0.30 06064 Soup, turkey, chunky, canned, ready-to-serve 0.90 0.10 06974 Soup, vegetable chicken, canned, prepared with water, low sodium 0.90 0.10 08463 Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS 0.90 10165 Pork, cured, salt pork, raw 0.90 0.05 10942 Pork, fresh, composite of separable fat, with added solution, raw 0.90 0.06 11003 Amaranth leaves, raw 0.90 0.16 11045 Mung beans, mature seeds, sprouted, cooked, stir-fried 0.90 0.26 11384 Potatoes, au gratin, dry mix, unprepared 0.90 0.24 12001 Seeds, breadfruit seeds, raw 0.90 1.15 15119 Fish, tuna, light, canned in oil, drained solids 0.90 0.07 15183 Fish, tuna, light, canned in oil, without salt, drained solids 0.90 0.07 16036 Beans, kidney, royal red, mature seeds, cooked, boiled, without salt 0.90 0.26 16402 Pigeon peas (red gram), mature seeds, cooked, boiled with salt 0.90 0.27	03209	Babyfood, crackers, vegetable	0.90	0.13
06064 Soup, turkey, chunky, canned, ready-to-serve 0.90 0.10 06974 Soup, vegetable chicken, canned, prepared with water, low sodium 0.90 0.10 08463 Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS 0.90 10165 Pork, cured, salt pork, raw 0.90 0.05 10942 Pork, fresh, composite of separable fat, with added solution, raw 0.90 0.06 11003 Amaranth leaves, raw 0.90 0.16 11045 Mung beans, mature seeds, sprouted, cooked, stir-fried 0.90 0.26 11384 Potatoes, au gratin, dry mix, unprepared 0.90 0.21 12001 Seeds, breadfruit seeds, raw 0.90 1.15 15119 Fish, tuna, light, canned in oil, drained solids 0.90 0.07 15183 Fish, tuna, light, canned in oil, without salt, drained solids 0.90 0.07 16036 Beans, kidney, royal red, mature seeds, cooked, boiled, without salt 0.90 0.26 16102 Pigeon peas (red gram), mature seeds, cooked, boiled with salt 0.90 0.27 16336 Beans	05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	0.90	0.04
06974 Sopp, vegetable chicken, canned, prepared with water, low sodium 0.90 0.10 08463 Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS 0.90 10165 Pork, cured, salt pork, raw 0.90 0.05 10942 Pork, fresh, composite of separable fat, with added solution, raw 0.90 0.06 11003 Amaranth leaves, raw 0.90 0.16 11045 Mung beans, mature seeds, sprouted, cooked, stir-fried 0.90 0.26 11384 Potatoes, au gratin, dry mix, unprepared 0.90 0.24 12001 Seeds, breadfruit seeds, raw 0.90 0.7 15119 Fish, tuna, light, canned in oil, drained solids 0.90 0.07 15183 Fish, tuna, light, canned in oil, without salt, drained solids 0.90 0.07 16036 Beans, kidney, royal red, mature seeds, cooked, boiled, without salt 0.90 0.26 16102 Pigeon peas (red gram), mature seeds, cooked, boiled with salt 0.90 0.27 16336 Beans, kidney, royal red, mature seeds, cooked, boiled with salt 0.90 0.27 16402 Pigeon peas (red gram), mature seeds, cooked, boiled, with salt 0.90 </td <td>06006</td> <td>Soup, bean with frankfurters, canned, condensed</td> <td>0.90</td> <td>0.30</td>	06006	Soup, bean with frankfurters, canned, condensed	0.90	0.30
08463 Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS 0.90 10165 Pork, cured, salt pork, raw 0.90 0.05 10942 Pork, fresh, composite of separable fat, with added solution, raw 0.90 0.06 11003 Amaranth leaves, raw 0.90 0.16 11045 Mung beans, mature seeds, sprouted, cooked, stir-fried 0.90 0.26 11384 Potatoes, au gratin, dry mix, unprepared 0.90 0.24 12001 Seeds, breadfruit seeds, raw 0.90 0.07 15119 Fish, tuna, light, canned in oil, drained solids 0.90 0.07 16036 Beans, kidney, royal red, mature seeds, cooked, boiled, without salt 0.90 0.26 16102 Pigeon peas (red gram), mature seeds, cooked, boiled, without salt 0.90 0.27 16336 Beans, kidney, royal red, mature seeds, cooked, boiled with salt 0.90 0.26 16402 Pigeon peas (red gram), mature seeds, cooked, boiled, with salt 0.90 0.27 16518 WORTHINGTON Saucettes, canned, unprepared 0.90	06064	Soup, turkey, chunky, canned, ready-to-serve	0.90	0.10
10165 Pork, cured, salt pork, raw 0.90 0.05 10942 Pork, fresh, composite of separable fat, with added solution, raw 0.90 0.06 11003 Amaranth leaves, raw 0.90 0.16 11045 Mung beans, mature seeds, sprouted, cooked, stir-fried 0.90 0.26 11384 Potatoes, au gratin, dry mix, unprepared 0.90 0.24 12001 Seeds, breadfruit seeds, raw 0.90 1.15 15119 Fish, tuna, light, canned in oil, drained solids 0.90 0.07 15183 Fish, tuna, light, canned in oil, without salt, drained solids 0.90 0.07 16036 Beans, kidney, royal red, mature seeds, cooked, boiled, without salt 0.90 0.26 16102 Pigeon peas (red gram), mature seeds, cooked, boiled, without salt 0.90 0.27 16336 Beans, kidney, royal red, mature seeds, cooked, boiled with salt 0.90 0.26 16402 Pigeon peas (red gram), mature seeds, cooked, boiled, with salt 0.90 0.27 16518 WORTHINGTON Saucettes, canned, unprepared 0.90 -	06974	Soup, vegetable chicken, canned, prepared with water, low sodium	0.90	0.10
10942 Pork, fresh, composite of separable fat, with added solution, raw 0.90 0.06 11003 Amaranth leaves, raw 0.90 0.16 11045 Mung beans, mature seeds, sprouted, cooked, stir-fried 0.90 0.26 11384 Potatoes, au gratin, dry mix, unprepared 0.90 0.24 12001 Seeds, breadfruit seeds, raw 0.90 1.15 15119 Fish, tuna, light, canned in oil, drained solids 0.90 0.07 15183 Fish, tuna, light, canned in oil, without salt, drained solids 0.90 0.07 16036 Beans, kidney, royal red, mature seeds, cooked, boiled, without salt 0.90 0.26 16102 Pigeon peas (red gram), mature seeds, cooked, boiled with salt 0.90 0.27 16336 Beans, kidney, royal red, mature seeds, cooked, boiled with salt 0.90 0.26 16402 Pigeon peas (red gram), mature seeds, cooked, boiled, with salt 0.90 0.27 16518 WORTHINGTON Saucettes, canned, unprepared 0.90	08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	0.90	
11003 Amaranth leaves, raw 0.90 0.16 11045 Mung beans, mature seeds, sprouted, cooked, stir-fried 0.90 0.26 11384 Potatoes, au gratin, dry mix, unprepared 0.90 0.24 12001 Seeds, breadfruit seeds, raw 0.90 1.15 15119 Fish, tuna, light, canned in oil, drained solids 0.90 0.07 15183 Fish, tuna, light, canned in oil, without salt, drained solids 0.90 0.07 16036 Beans, kidney, royal red, mature seeds, cooked, boiled, without salt 0.90 0.26 16102 Pigeon peas (red gram), mature seeds, cooked, boiled with salt 0.90 0.27 16336 Beans, kidney, royal red, mature seeds, cooked, boiled with salt 0.90 0.26 16402 Pigeon peas (red gram), mature seeds, cooked, boiled, with salt 0.90 0.27 16518 WORTHINGTON Saucettes, canned, unprepared 0.90	10165	Pork, cured, salt pork, raw	0.90	0.05
11045 Mung beans, mature seeds, sprouted, cooked, stir-fried 0.90 0.26 11384 Potatoes, au gratin, dry mix, unprepared 0.90 0.24 12001 Seeds, breadfruit seeds, raw 0.90 1.15 15119 Fish, tuna, light, canned in oil, drained solids 0.90 0.07 15183 Fish, tuna, light, canned in oil, without salt, drained solids 0.90 0.07 16036 Beans, kidney, royal red, mature seeds, cooked, boiled, without salt 0.90 0.26 16102 Pigeon peas (red gram), mature seeds, cooked, boiled, without salt 0.90 0.27 16336 Beans, kidney, royal red, mature seeds, cooked, boiled with salt 0.90 0.26 16402 Pigeon peas (red gram), mature seeds, cooked, boiled, with salt 0.90 0.27 16518 WORTHINGTON Saucettes, canned, unprepared 0.90	10942	Pork, fresh, composite of separable fat, with added solution, raw	0.90	0.06
Potatoes, au gratin, dry mix, unprepared 0.90 0.24 12001 Seeds, breadfruit seeds, raw 0.90 1.15 15119 Fish, tuna, light, canned in oil, drained solids 0.90 0.07 15183 Fish, tuna, light, canned in oil, without salt, drained solids 0.90 0.07 16036 Beans, kidney, royal red, mature seeds, cooked, boiled, without salt 0.90 0.26 16102 Pigeon peas (red gram), mature seeds, cooked, boiled, without salt 0.90 0.27 16336 Beans, kidney, royal red, mature seeds, cooked, boiled with salt 0.90 0.26 16402 Pigeon peas (red gram), mature seeds, cooked, boiled, with salt 0.90 0.27 16518 WORTHINGTON Saucettes, canned, unprepared 0.90 0.90 0.90 0.90 0.90 0.90 0.90 0.9	11003	Amaranth leaves, raw	0.90	0.16
Seeds, breadfruit seeds, raw 12001 Seeds, breadfruit seeds, raw 15119 Fish, tuna, light, canned in oil, drained solids 15183 Fish, tuna, light, canned in oil, without salt, drained solids 16036 Beans, kidney, royal red, mature seeds, cooked, boiled, without salt 16102 Pigeon peas (red gram), mature seeds, cooked, boiled, without salt 16336 Beans, kidney, royal red, mature seeds, cooked, boiled with salt 16402 Pigeon peas (red gram), mature seeds, cooked, boiled, with salt 16402 Pigeon peas (red gram), mature seeds, cooked, boiled, with salt 16518 WORTHINGTON Saucettes, canned, unprepared 10.90 1.15	11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	0.90	0.26
Fish, tuna, light, canned in oil, drained solids Fish, tuna, light, canned in oil, without salt, drained solids Fish, tuna, light, canned in oil, without salt, drained solids Beans, kidney, royal red, mature seeds, cooked, boiled, without salt Pigeon peas (red gram), mature seeds, cooked, boiled, without salt Beans, kidney, royal red, mature seeds, cooked, boiled with salt Beans, kidney, royal red, mature seeds, cooked, boiled with salt Pigeon peas (red gram), mature seeds, cooked, boiled with salt Pigeon peas (red gram), mature seeds, cooked, boiled, with salt O.90 D.27 D.27 D.28 WORTHINGTON Saucettes, canned, unprepared D.90 D.27	11384	Potatoes, au gratin, dry mix, unprepared	0.90	0.24
Fish, tuna, light, canned in oil, without salt, drained solids Beans, kidney, royal red, mature seeds, cooked, boiled, without salt 0.90 0.26 16102 Pigeon peas (red gram), mature seeds, cooked, boiled, without salt 0.90 0.27 16336 Beans, kidney, royal red, mature seeds, cooked, boiled with salt 0.90 0.26 16402 Pigeon peas (red gram), mature seeds, cooked, boiled, with salt 0.90 0.27 16518 WORTHINGTON Saucettes, canned, unprepared 0.90	12001	Seeds, breadfruit seeds, raw	0.90	1.15
Beans, kidney, royal red, mature seeds, cooked, boiled, without salt Pigeon peas (red gram), mature seeds, cooked, boiled, without salt Beans, kidney, royal red, mature seeds, cooked, boiled with salt Beans, kidney, royal red, mature seeds, cooked, boiled with salt Pigeon peas (red gram), mature seeds, cooked, boiled, with salt Pigeon peas (red gram), mature seeds, cooked, boiled, with salt WORTHINGTON Saucettes, canned, unprepared Description of the seeds of th	15119	Fish, tuna, light, canned in oil, drained solids	0.90	0.07
Pigeon peas (red gram), mature seeds, cooked, boiled, without salt Beans, kidney, royal red, mature seeds, cooked, boiled with salt 0.90 0.26 Pigeon peas (red gram), mature seeds, cooked, boiled with salt 0.90 0.27 0.90 0.27 0.90 0.27	15183	Fish, tuna, light, canned in oil, without salt, drained solids	0.90	0.07
Beans, kidney, royal red, mature seeds, cooked, boiled with salt 16402 Pigeon peas (red gram), mature seeds, cooked, boiled, with salt 16518 WORTHINGTON Saucettes, canned, unprepared 10518 WORTHINGTON Saucettes, canned, unprepared 10519 Cooker State of State o	16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	0.90	0.26
Pigeon peas (red gram), mature seeds, cooked, boiled, with salt 0.90 0.27 WORTHINGTON Saucettes, canned, unprepared 0.90	16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	0.90	0.27
16518 WORTHINGTON Saucettes, canned, unprepared 0.90	16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	0.90	0.26
WODERN CONTROL OF THE	16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	0.90	0.27
WORTHINGTON Super Links, canned, unprepared 0.90	16518	WORTHINGTON Saucettes, canned, unprepared	0.90	
	16519	WORTHINGTON Super Links, canned, unprepared	0.90	

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
16528	WORTHINGTON Dinner Roast, frozen, unprepared	0.90	
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	0.90	
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	0.90	
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	0.90	
18007	Bagels, oat bran	0.90	0.15
18347	Rolls, dinner, wheat	0.90	0.15
18349	Rolls, french	0.90	0.14
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	0.90	
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	0.90	
18965	Crackers, cheese, reduced fat	0.90	0.12
19188	Puddings, chocolate, dry mix, regular	0.90	0.52
21005	Fast Foods, biscuit, with egg and sausage	0.90	0.24
21360	McDONALD'S, Bacon Egg & Discuit	0.90	0.07
22953	Egg rolls, pork, refrigerated, heated	0.90	0.09
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	0.90	
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	0.90	
28052	KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies	0.90	
28100	KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter	0.90	
28350	Cookies, chocolate cream covered biscuit sticks	0.90	0.22
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	0.90	0.20
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	0.89	0.04
21463	Yogurt parfait, lowfat, with fruit and granola	0.89	0.05
22904	Chili con carne with beans, canned entree	0.89	0.10
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	0.89	0.34
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	0.89	0.01
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Dry Cinnamon, dry	0.89	
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	0.89	
08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	0.89	
11046	Beans, navy, mature seeds, sprouted, raw	0.89	0.36
14356	Beverages, tea, instant, decaffeinated, lemon, diet	0.89	0.12
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	0.89	0.12
18037	Bread, oat bran	0.89	0.14
18242	Croutons, plain	0.89	0.16
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	0.88	0.15
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	0.88	0.09
05714	Turkey, skin, from retail parts, from dark meat, raw	0.88	0.04

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
06123	Gravy, onion, dry, mix	0.88	0.17
06627	Sauce, pesto, ready-to-serve, shelf stable	0.88	0.14
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	0.88	0.21
11004	Amaranth leaves, cooked, boiled, drained, without salt	0.88	0.16
11700	Amaranth leaves, cooked, boiled, drained, with salt	0.88	0.16
15056	Fish, mullet, striped, cooked, dry heat	0.88	0.14
15132	Fish, whiting, mixed species, raw	0.88	0.03
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	0.88	0.25
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	0.88	0.25
18080	Bread sticks, plain	0.88	0.19
18339	Popovers, dry mix, enriched	0.88	0.17
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	0.88	0.16
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	0.88	0.16
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	0.88	0.16
18447	Popovers, dry mix, unenriched	0.88	0.17
21064	Fast foods, burrito, with beans, cheese, and beef	0.88	0.11
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	0.88	0.08
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	0.88	0.08
21265	TACO BELL, BURRITO SUPREME with beef	0.88	0.11
28288	Bread, roll, Mexican, bollilo	0.88	0.14
36418	Restaurant, Mexican, refried beans	0.88	0.17
18324	Pie, pecan, commercially prepared	0.87	0.18
18963	Garlic bread, frozen	0.87	0.11
19148	Candies, peanut brittle, prepared-from-recipe	0.87	0.25
22956	Lasagna, Vegetable, frozen, baked	0.87	0.07
22977	Lasagna with meat sauce, frozen, prepared	0.87	0.09
28160	KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers	0.87	
43417	Babyfood, meat, beef with vegetables, toddler	0.87	0.08
03052	Babyfood, dinner, beef stew, toddler	0.87	0.07
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	0.87	0.04
08177	Cereals, MALT-O-MEAL, chocolate, dry	0.87	0.08
11261	Mushrooms, white, cooked, boiled, drained, without salt	0.87	0.50
11797	Mushrooms, white, cooked, boiled, drained, with salt	0.87	0.50
12093	Nuts, chestnuts, chinese, raw	0.87	0.36
16123	Soy sauce made from soy and wheat (shoyu)	0.87	0.04
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	0.87	0.04

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
18233	Crackers, wheat, sandwich, with cheese filling	0.87	0.16
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	0.87	0.20
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	0.86	0.13
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	0.86	0.04
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	0.86	0.04
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	0.86	0.04
15011	Fish, catfish, channel, cooked, breaded and fried	0.86	0.10
15063	Fish, pike, northern, cooked, dry heat	0.86	0.06
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	0.86	0.12
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	0.86	0.29
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	0.86	0.29
18028	Bread, egg, toasted	0.86	0.18
18033	Bread, italian	0.86	0.19
18184	Cookies, oatmeal, prepared from recipe, with raisins	0.86	0.18
18185	Cookies, peanut butter, commercially prepared, regular	0.86	0.15
19010	Snacks, crisped rice bar, chocolate chip	0.86	0.31
20002	Amaranth grain, cooked	0.86	0.15
21061	Fast foods, burrito, with beans and cheese	0.86	0.16
21078	Fast foods, nachos, with cheese	0.86	0.06
21264	TACO BELL, Bean Burrito	0.86	0.16
21268	TACO BELL, Nachos	0.86	0.06
21361	McDONALD'S, Sausage Biscuit	0.86	0.07
22915	Lasagna with meat & Days sauce, low-fat, frozen entree	0.86	0.17
25043	Snacks, candy bits, yogurt covered with vitamin C	0.86	0.02
36058	OLIVE GARDEN, chicken parmigiana without pasta	0.86	0.06
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	0.85	0.26
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	0.85	0.26
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	0.85	0.26
20083	Wheat flour, white, bread, enriched	0.85	0.18
20129	Wheat flours, bread, unenriched	0.85	0.18
22973	Corn dogs, frozen, prepared	0.85	0.07
25050	Snacks, yucca (cassava) chips, salted	0.85	0.12
28348	Rolls, dinner, sweet	0.85	0.10
36612	DENNY'S, golden fried shrimp	0.85	0.18
43447	Snacks, corn-based, extruded, chips, unsalted	0.85	0.25
11658	Spinach souffle	0.85	0.06

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	0.85	0.01
15195	Fish, drum, freshwater, cooked, dry heat	0.85	0.30
15219	Fish, trout, mixed species, cooked, dry heat	0.85	0.24
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	0.85	0.04
08510	Milk and cereal bar	0.84	0.05
10105	Pork, fresh, variety meats and by-products, jowl, raw	0.84	0.04
15087	Fish, salmon, sockeye, canned, drained solids	0.84	0.07
15160	Mollusks, clam, mixed species, canned, drained solids	0.84	0.09
16021	Beans, cranberry (roman), mature seeds, canned	0.84	0.14
16081	Mung beans, mature seeds, cooked, boiled, without salt	0.84	0.16
16381	Mung beans, mature seeds, cooked, boiled, with salt	0.84	0.16
18041	Bread, pita, white, enriched	0.84	0.17
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	0.84	0.12
18413	Bread, pita, white, unenriched	0.84	0.17
18955	Bread, pan dulce, sweet yeast bread	0.84	0.12
32010	Pasta mix, Italian lasagna, unprepared	0.84	0.15
19348	Syrups, chocolate, fudge-type	0.83	0.35
20028	Couscous, dry	0.83	0.25
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	0.83	0.07
36040	CRACKER BARREL, macaroni n' cheese	0.83	0.06
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	0.83	0.06
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	0.83	0.01
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	0.83	0.01
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	0.83	0.01
01295	Yogurt, vanilla, non-fat	0.83	0.01
02055	Horseradish, prepared	0.83	0.06
05130	Chicken, stewing, light meat, meat only, cooked, stewed	0.83	0.08
11953	Squash, zucchini, baby, raw	0.83	0.10
12003	Seeds, breadfruit seeds, boiled	0.83	1.07
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	0.83	0.12
16084	Mungo beans, mature seeds, cooked, boiled, without salt	0.83	0.14
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	0.83	0.21
16384	Mungo beans, mature seeds, cooked, boiled, with salt	0.83	0.14
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	0.83	0.13
18051	Bread, reduced-calorie, oatmeal	0.83	0.10
01031	Cheese, neufchatel	0.82	0.03

01122 Vogunt, final, bow fat, 11 I grams protein per 8 come 0.82 0.08 01233 Vogunt, final, bowfat, will from calorize wesenerser 1.08 0.08 01279 Vogunt, final, bowfat, will from calorize wesenerser, fortified with vitamin D 0.02 0.08 01274 Ke cream, hear or stick, chocolate convected 0.02 0.08 0594 Childra formoral, ABBOTT NOTKTINN, SIMILAC NEOSURE, realy-to-food, with ARA and DHA 0.82 0.08 05749 Childra formoral, ABBOTT NOTKTINN, SIMILAC NEOSURE, realy-to-food, with ARA and DHA 0.82 0.01 0519 Childra formoral, ABBOTT NOTKTINN, SIMILAC NEOSURE, realy-to-food, with ARA and DHA 0.82 0.01 0519 Childra formoral, ABBOTT NOTKTINN, SIMILAC NEOSURE, realy-to-food, with ARA and DHA 0.82 0.01 1510 Childra formoral, ABBOTT NOTKTINN, SIMILAC NEOSURE, realy-to-food, with ARA and DHA 0.82 0.01 1512 Peac, green, forcer, unprepared 0.82 0.01 1512 Peac, green, forcer, unprepared 0.82 0.01 1513 Pageopera, intransure seeds, cocked, bolled, drinned, with said 0.02 0.02 1514	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
10.219 Virgant, frant, Iorofan, with Ioro calories overesteners, fortified with virganin 1)	01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	0.82	0.08
1923 Ice cream, bar or stick, chocolate covered 0.82	01203	Yogurt, fruit, lowfat, with low calorie sweetener	0.82	0.08
03944 Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA 0.82 0.08 05698 Turkey, skin from whole (light and durk), with added solution, conced, grilled 0.82 0.03 06190 Soup, shark fin, restaurant-prepared 0.82 0.11 11312 Peas, grean, forcen, unprepared 0.82 0.12 11845 Pigeoprepas, invariant resels, concled, builed, trained, without salt 0.82 0.10 11826 Pigeoprepas, invariant resels, concled, builed, trained, with salt 0.82 0.01 13090 Beef, resid cots, separable far, raw 0.82 0.03 15091 Fish, millifish, raw 0.82 0.09 15123 Fish, millifish, raw 0.82 0.09 15155 Mollaks, almon, Atlantic, wild, concled, dry heat 0.82 0.02 15209 Fish, salmon, Atlantic, wild, concled, dry heat 0.82 0.04 18214 Conkers, seamines, low salt (irecludes coyster, such, soup) 0.82 0.06 18245 Crackers, weak, sandychic, with permand butler (filing 0.82 0.06 18245 C	01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	0.82	0.08
05098 Turkey, skin from whole (light and dark), with added solution, row 0.82 0.05 05749 Chicken, border or fyers, breast, skinless, bondess, meat only, with added solution, cooked, grilled 0.82 0.01 05180 Suo, shark fin, resumant-repeach 0.82 0.11 11312 Peas, green, frozen, unproponed 0.82 0.10 11345 Pigeopress, immature seeds, cooked, boiled, drained, without salt 0.82 0.10 13019 Beef, retail cuts, separable fot, row 0.82 0.03 15030 Fish, gelfificish, commercial, sweet recipe 0.82 0.03 15053 Fish, milifish, raw 0.82 0.03 15124 Hish, tuna, fireds, shipjack, raw 0.82 0.02 15125 Mollusk, abalone, mixed species, raw 0.82 0.02 15129 Fish, slamon, flattic, wild, cooked, dy theat 0.82 0.02 18234 Crackers, seams butter, prepared from recipe 0.82 0.18 18234 Crackers, sealines, low salt (includes oyster, sod, soup) 0.82 0.18 18235 Crackers, sealines, low salt (includes o	01237	Ice cream, bar or stick, chocolate covered	0.82	0.08
0549 Chicken, broiler or fryen, broat, skinless, boneless, mean only, with added solution, cocked, grilled 0.82 0.13 06180 Soup, shark, fin, restaurant-perpeared 0.82 0.11 11312 Peas, grean, frozu, uprepared 0.82 0.10 11845 Plecoopeas, immature seeds, cooked, boiled, drained, without salt 0.82 0.10 11826 Plecoopeas, immature seeds, cooked, boiled, drained, with salt 0.82 0.01 1809 Beef, restail cate, separable fat, row 0.82 0.03 1509 Fish, gefflierfish, commercial, weed recipe 0.82 0.03 15123 Fish, unaffresh, skippick, raw 0.82 0.03 15155 Molfusk, alabora, mixed species, raw 0.82 0.22 1529 Fish, salmon, Arlantic, wild, cooked, dry hear 0.82 0.82 18189 Cookies, peant butter, prepared from receip 0.82 0.08 1824 Crackers, what, sandwich, with peant butter filling 0.82 0.06 1825 Drackers, skines, lows salt includes oyeter, soda, soup) 0.82 0.16 1826 Drackers, what, s	03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	0.82	0.08
06180 Soup, shark fin, resturant-prepared 0.82 0.11 11312 Peas, green, frozen, unprepared 0.82 0.12 11345 Pigeonpeas, immature seeds, cooked, boiled, drained, with salt 0.82 0.10 1309 Beef, retail cuts, separable fat, raw 0.82 0.03 15030 Fish, gelifiefish, commercial, sweet recipe 0.82 0.03 15053 Fish, lunk, fresh, skipjack, raw 0.82 0.09 15155 Mollusks, abdone, mixed species, raw 0.82 0.03 15199 Fish, salmon, Allinic, wild, cooked, dry heat 0.82 0.03 18189 Cookies, peanut butter, prepared from recipe 0.82 0.03 18189 Cookies, peanut butter, prepared from recipe 0.82 0.06 18425 Crackers, salatines, low salt (includes oxyster, soda, soup) 0.82 0.06 18425 Crackers, salatines, low salt (includes oxyster, soda, soup) 0.82 0.06 18426 Crackers, salatines, low salt (includes oxyster, soda, soup) 0.82 0.01 28286 Barcley, pearled, conked 0.82	05698	Turkey, skin from whole (light and dark), with added solution, raw	0.82	0.05
11312 Peas, green, frozen, unprepared 0.82 0.12 11345 Pgeooppeas, immature sects, cooked, boiled, drained, without sail 0.82 0.10 11826 Pgeooppeas, immature sects, cooked, boiled, drained, with sail 0.82 0.00 15019 Beef, retail cuts, separable fat, raw 0.82 0.00 15030 Fish, grilliefish, commercial, sweet recipe 0.82 0.00 15053 Fish, thus, fresh, skipipak, raw 0.82 0.09 15152 Fish, tum, fresh, skipipak, raw 0.82 0.09 15209 Fish, salmon, Allantic, wild, cooked, dry heat 0.82 0.02 15820 Crockers, whear, sandwich, with peanut butter filling 0.82 0.06 18425 Crackers, shalines, low sail (includes oyster, soda, soup) 0.82 0.16 18425 Crackers, salines, low sail (includes oyster, soda, soup) 0.82 0.16 18425 Crackers, shalines, low sail (includes oyster, soda, soup) 0.82 0.16 18286 Derack, scale and shall (includes oyster, soda, soup) 0.82 0.16 18286 Bread, panatha, whole	05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	0.82	0.03
1345 Pigeonpeas, immature seeds, cooked, holled, drained, without salt 0.82 0.10 11826 Pigeonpeas, immature seeds, cooked, holled, drained, with salt 0.82 0.10 13019 Beef, retail cuts, separable fat, raw 0.82 0.20 15030 Fish, gefliefish, commercial, sweet recipe 0.82 0.20 15033 Fish, milkrish, raw 0.82 0.09 15125 Fish, mai, fresh, skipiack, raw 0.82 0.09 1525 Mollessk, saledone, mixed species, raw 0.82 0.20 15209 Fish, salmon, Atlantic, wild, cooked, dry heat 0.82 0.32 18189 Cookies, peamit butter, prepared from recipe 0.82 0.08 1824 Crackers, wheat, sandwich, with peamt butter filling 0.82 0.16 18825 Crackers, salities, low salt (includes oyster, soda, soup) 0.82 0.16 18988 Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour 0.82 0.16 28066 Bardey, pearfed, cooked 0.82 0.16 28286 Bardea, peartha, whole wheat, comme	06180	Soup, shark fin, restaurant-prepared	0.82	0.11
11826 Pigeonpeas, immature seeds, cooked, boiled, drained, with salt 0.82 0.10 13019 Beef, retail cuts, separable fat, raw 0.82 0.03 15030 Fish, geillefish, commercial, sweet recipe 0.82 0.02 15053 Fish, milk, fhs, raw 0.82 0.08 15155 Mollusks, abalone, mixed species, raw 0.82 0.20 15209 Fish, salmon, Atlantic, wild, cooked, dry heat 0.82 0.32 18204 Cookies, peanut butter, prepared from recipe 0.82 0.18 18224 Crackers, wheat, sandwich, with peanut butter filling 0.82 0.16 18234 Crackers, saltines, low salt (includes oyster, soda, soup) 0.82 0.16 18225 Crackers, saltines, low salt (includes oyster, soda, soup) 0.82 0.16 18226 Crackers, saltines, low salt (includes oyster, soda, soup) 0.82 0.16 18228 Darbuter, LA RICURA, Salpora de Arroc con Azucar, cookie-like, contains wheat flour and rice flour 0.82 0.16 28286 Bread, paratha, whole wheat, commercially prepared, frozen 0.82 0.15	11312	Peas, green, frozen, unprepared	0.82	0.12
13019 Beef, retail cuts, separable fat, raw 0.82 0.03 15030 Fish, geffleffish, commercial, sweet recipe 0.82 0.20 15033 Fish, milk fish, raw 0.82 0.03 15123 Fish, tuna, fresh, skipjack, raw 0.82 0.09 15155 Mollusks, abalone, mixed species, raw 0.82 0.20 15209 Fish, salmon, Atlantic, wild, cooked, dry beat 0.82 0.32 18189 Cookies, peanul butter, prepared from recipe 0.82 0.06 18234 Crackers, what, sandwich, with peanul butter filling 0.82 0.06 18425 Crackers, saltines, low salt (includes oyster, soda, soup) 0.82 0.06 18958 Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour 0.82 0.06 18958 Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour 0.82 0.06 28266 Bared, paratha, whole wheat, commercially prepared, frozen 0.82 0.10 28286 Bread, paratha, whole wheat, commerciall prepared, frozen 0.82 0.08	11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	0.82	0.10
15030 Fish, gefiltefish, commercial, sweet recipe 0.82 0.08 15053 Fish, milkfish, raw 0.82 0.08 15123 Fish, tuna, fresh, skipjack, raw 0.82 0.09 15155 Mollusks, abalone, mixed species, raw 0.82 0.20 15209 Fish, salmon, Atlantic, wild, cooked, dry heat 0.82 0.32 18189 Cookies, peanut batter, prepared from recipe 0.82 0.06 18425 Crackers, wheat, sandwisch, with peanut butter filling 0.82 0.06 18425 Crackers, saltines, low salt (includes oyster, sodi, soup) 0.82 0.06 18958 Pan Dulec, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour 0.82 0.10 28286 Bread, paratha, whole wheat, commercially prepared, frozen 0.82 0.15 32008 Pasta mix, classic cheeseburger macaroni, unprepared 0.82 0.14 42074 Frozen novelites, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated 0.81 0.29 18417 Coffeecake, cinnanno with crumb topping, commercially prepared, unenriched 0.81 0.29	11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	0.82	0.10
15053 Fish, milkfish, raw 0.82 0.09 15123 Fish, tuna, fresh, skipjack, raw 0.82 0.09 15155 Mollusks, abalone, mixed species, raw 0.82 0.20 15209 Fish, salmon, Atlantic, wild, cooked, dry heat 0.82 0.18 1889 Cookies, peanut butter, prepared from recipe 0.82 0.18 18234 Crackers, saltines, low salt (includes oyster, soda, soup) 0.82 0.06 18425 Crackers, saltines, low salt (includes oyster, soda, soup) 0.82 0.16 18958 Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour 0.82 0.16 20006 Barley, pearled, cooked 0.82 0.16 20008 Barley, pearled, cooked 0.82 0.15 32008 Pasta mix, classic cheeseburger macaroni, unprepared 0.82 0.14 42074 Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated 0.81 0.12 19240 Frostings, chocolate, creamy, dry mix 0.81 0.29 21434 KFC, Fried Chicken, ORIGINAL	13019	Beef, retail cuts, separable fat, raw	0.82	0.03
15123 Fish, tuna, fresh, skipjack, raw 0.82 0.09 15155 Mollusks, abalone, mixed species, raw 0.82 0.20 15209 Fish, salmon, Atlantic, wild, cooked, dry heat 0.82 0.32 18189 Cookies, peanut butter, prepared from recipe 0.82 0.06 18234 Crackers, suband, sandwich, with peanut butter filling 0.82 0.06 18425 Crackers, saltines, low salt (includes oyster, soda, soup) 0.82 0.16 18958 Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour 0.82 0.16 2006 Barley, pearled, cooked 0.82 0.15 28286 Bread, paratha, whole wheat, commercially prepared, frozen 0.82 0.15 32008 Pasta mix, classic cheeseburger macaroni, unprepared 0.82 0.15 42074 Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated 0.81 0.22 18417 Coffecake, cimamon with crumb topping, commercially prepared, unenriched 0.81 0.22 19240 Frozings, chocolate, creamy, dry mix 0.81 0.25	15030	Fish, gefiltefish, commercial, sweet recipe	0.82	0.20
15155 Mollusks, abalone, mixed species, raw 0.82 0.20 15209 Fish, salmon, Atlantic, wild, cooked, dry heat 0.82 0.32 18189 Cookies, peanut butter, prepared from recipe 0.82 0.18 18234 Crackers, wheat, sandwich, with peanut butter filling 0.82 0.06 18425 Crackers, saltines, low salt (includes oyster, soda, soup) 0.82 0.16 18958 Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour 0.82 0.26 20006 Barley, pearled, cooked 0.82 0.10 28286 Bread, paratha, whole wheat, commercially prepared, frozen 0.82 0.15 32008 Pasta mix, classic cheeseburger macaroni, unprepared 0.82 0.18 42074 Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated 0.81 0.12 4817 Coffeceake, cinnamon with crunb topping, commercially prepared, unerriched 0.81 0.12 18417 Coffeceake, cinnamon with crunb topping, commercially prepared, unerriched 0.81 0.22 21434 KPC, Fried Chicken, ORIGINAL RECIPE, Breast	15053	Fish, milkfish, raw	0.82	0.03
15209 Fish, salmon, Atlantic, wild, cooked, dry heat 0.82 0.32 18189 Cookies, peanut butter, prepared from recipe 0.82 0.18 18234 Crackers, wheat, sandwich, with peanut butter filling 0.82 0.06 18425 Crackers, saltines, low salt (includes oyster, soda, soup) 0.82 0.16 18958 Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour 0.82 0.62 20006 Barley, pearled, cooked 0.82 0.10 28286 Bread, paratha, whole wheat, commercially prepared, frozen 0.82 0.15 32008 Pasta mix, classic cheeseburger macaroni, unprepared 0.82 0.08 18417 Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched 0.81 0.12 19240 Frozen novelties, ice creamy, dry mix 0.81 0.29 21434 KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading 0.81 0.05 22984 KASHI, Chicken Pasta Pomodoro, Frozen Entree 0.81 0.13 28367 Bread, naan, plain, commercially prepared, erfrigeated 0.81 <t< td=""><td>15123</td><td>Fish, tuna, fresh, skipjack, raw</td><td>0.82</td><td>0.09</td></t<>	15123	Fish, tuna, fresh, skipjack, raw	0.82	0.09
18189 Cookies, peanut butter, prepared from recipe 0.82 0.18 18234 Crackers, wheat, sandwich, with peanut butter filling 0.82 0.06 18425 Crackers, saltines, low salt (includes oyster, soda, soup) 0.82 0.16 18958 Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour 0.82 0.26 20006 Barley, pearled, cooked 0.82 0.10 28286 Bread, paratha, whole wheat, commercially prepared, frozen 0.82 0.15 32008 Pasta mix, classic cheeseburger macaroni, unprepared 0.82 0.14 42074 Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated 0.82 0.08 18417 Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched 0.81 0.12 19240 Frostings, chocolate, creamy, dry mix 0.81 0.29 21434 KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading 0.81 0.81 28362 Bread, naan, plain, commercially prepared, refrigerated 0.81 0.13 28362 PEPPERIOGE FARM, Goldfish, Baked Sn	15155	Mollusks, abalone, mixed species, raw	0.82	0.20
18234 Crackers, wheat, sandwich, with peanut butter filling 0.82 0.06 18425 Crackers, saltines, low salt (includes oyster, soda, soup) 0.82 0.16 18958 Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour 0.82 0.26 20006 Barley, pearled, cooked 0.82 0.15 32008 Pasta mix, classic cheeseburger macaroni, unprepared 0.82 0.14 42074 Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated 0.82 0.81 18417 Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched 0.81 0.12 19240 Frostings, chocolate, cream, dry mix 0.81 0.29 21434 KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading 0.81 0.81 22984 KASHI, Chicken Pasta Pomodoro, Frozzn Entree 0.81 0.13 28362 PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza 0.81 0.13 28362 PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza 0.81 0.11 36053 CARRABBA'S ITALIAN GR	15209	Fish, salmon, Atlantic, wild, cooked, dry heat	0.82	0.32
18425 Crackers, saltines, low salt (includes oyster, soda, soup) 0.82 0.16 18958 Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour 0.82 0.26 20006 Barley, pearled, cooked 0.82 0.10 28286 Bread, paratha, whole wheat, commercially prepared, frozen 0.82 0.15 32008 Pasta mix, classic cheeseburger macaroni, unprepared 0.82 0.14 42074 Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated 0.82 0.08 18417 Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched 0.81 0.12 19240 Frostings, chocolate, creamy, dry mix 0.81 0.29 21434 KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading 0.81 0.05 22984 KASHI, Chicken Pasta Pomodoro, Frozen Entree 0.81 0.81 28307 Bread, naan, plain, commercially prepared, refrigerated 0.81 0.13 28362 PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza 0.81 0.01 36053 CARRABBA'S ITALIAN GRILL	18189	Cookies, peanut butter, prepared from recipe	0.82	0.18
18958 Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour 0.82 0.26 20006 Barley, pearled, cooked 0.82 0.10 28286 Bread, paratha, whole wheat, commercially prepared, frozen 0.82 0.15 32008 Pasta mix, classic cheeseburger macaroni, unprepared 0.82 0.04 42074 Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated 0.82 0.08 18417 Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched 0.81 0.12 19240 Frostings, chocolate, creamy, dry mix 0.81 0.05 21434 KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading 0.81 0.05 22984 KASHI, Chicken Pasta Pomodoro, Frozen Entree 0.81 0.05 28307 Bread, naan, plain, commercially prepared, refrigerated 0.81 0.13 28362 PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza 0.81 0.09 01199 Cream, half and half, fat free 0.81 0.09 02044 Basil, fresh 0.81 0.08 04030 Sandwich spread, with chopped pick	18234	Crackers, wheat, sandwich, with peanut butter filling	0.82	0.06
20006 Barley, pearled, cooked 0.82 0.10 28286 Bread, paratha, whole wheat, commercially prepared, frozen 0.82 0.15 32008 Pasta mix, classic cheeseburger macaroni, unprepared 0.82 0.04 42074 Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated 0.82 0.08 18417 Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched 0.81 0.12 19240 Frostings, chocolate, creamy, dry mix 0.81 0.09 21434 KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading 0.81 0.05 22984 KASHI, Chicken Pasta Pomodoro, Frozen Entree 0.81 0.05 28307 Bread, naan, plain, commercially prepared, refrigerated 0.81 0.13 28362 PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza 0.81 0.09 01199 Craem, half and half, fat free 0.81 0.09 02044 Basil, fresh 0.81 0.81 04030 Sandwich spread, with chopped pickle, regular, unspecified oils 0.81 0.01	18425	Crackers, saltines, low salt (includes oyster, soda, soup)	0.82	0.16
28286 Bread, paratha, whole wheat, commercially prepared, frozen 0.82 0.15 32008 Pasta mix, classic cheeseburger macaroni, unprepared 0.82 0.14 42074 Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated 0.82 0.08 18417 Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched 0.81 0.12 19240 Frostings, chocolate, creamy, dry mix 0.81 0.29 21434 KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading 0.81 0.05 22984 KASHI, Chicken Pasta Pomodoro, Frozen Entree 0.81 0.81 28307 Bread, naan, plain, commercially prepared, refrigerated 0.81 0.81 28362 PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza 0.81 0.11 36053 CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce 0.81 0.09 01199 Cream, half and half, fat free 0.81 0.02 02044 Basil, fresh 0.81 0.81 04030 Sandwich spread, with chopped pickle, regular, unspecified oils 0.81 0.01	18958	Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour	0.82	0.26
32008 Pasta mix, classic cheeseburger macaroni, unprepared 0.82 0.14 42074 Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated 0.82 0.08 18417 Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched 0.81 0.12 19240 Frostings, chocolate, creamy, dry mix 0.81 0.29 21434 KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading 0.81 0.05 22984 KASHI, Chicken Pasta Pomodoro, Frozen Entree 0.81 0.81 28307 Bread, naan, plain, commercially prepared, refrigerated 0.81 0.13 28362 PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza 0.81 0.11 36053 CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce 0.81 0.09 01199 Cream, half and half, fat free 0.81 0.02 02044 Basil, fresh 0.81 0.81 04030 Sandwich spread, with chopped pickle, regular, unspecified oils 0.81 0.01	20006	Barley, pearled, cooked	0.82	0.10
Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated 18417 Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched 19240 Frostings, chocolate, creamy, dry mix 19240 Frostings, chocolate, creamy, dry mix 19240 KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading 19240 KASHI, Chicken Pasta Pomodoro, Frozen Entree 19250 Bread, naan, plain, commercially prepared, refrigerated 19250 Bread, naan, plain, commercially prepared, refrigerated 19250 PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza 19250 CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce 19260 Oceam, half and half, fat free 19270 Oceam, half and half, fat free 19270 Oceam, half and half, fat free 19280 Oceam, half and half, fat free	28286	Bread, paratha, whole wheat, commercially prepared, frozen	0.82	0.15
18417Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched0.810.1219240Frostings, chocolate, creamy, dry mix0.810.2921434KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading0.810.0522984KASHI, Chicken Pasta Pomodoro, Frozen Entree0.8128307Bread, naan, plain, commercially prepared, refrigerated0.810.1328362PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza0.810.1136053CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce0.810.0901199Cream, half and half, fat free0.810.0202044Basil, fresh0.810.3804030Sandwich spread, with chopped pickle, regular, unspecified oils0.810.01	32008	Pasta mix, classic cheeseburger macaroni, unprepared	0.82	0.14
19240Frostings, chocolate, creamy, dry mix0.810.2921434KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading0.810.0522984KASHI, Chicken Pasta Pomodoro, Frozen Entree0.8128307Bread, naan, plain, commercially prepared, refrigerated0.810.1328362PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza0.810.1136053CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce0.810.0901199Cream, half and half, fat free0.810.0202044Basil, fresh0.810.3804030Sandwich spread, with chopped pickle, regular, unspecified oils0.810.01	42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	0.82	0.08
KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading KASHI, Chicken Pasta Pomodoro, Frozen Entree RASHI, Chicken Pasta Pomodoro, Frozen Entree RASHI Pasta Pomodoro, Frozen Entree R	18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	0.81	0.12
22984KASHI, Chicken Pasta Pomodoro, Frozen Entree0.8128307Bread, naan, plain, commercially prepared, refrigerated0.810.1328362PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza0.810.1136053CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce0.810.0901199Cream, half and half, fat free0.810.0202044Basil, fresh0.810.3804030Sandwich spread, with chopped pickle, regular, unspecified oils0.810.01	19240	Frostings, chocolate, creamy, dry mix	0.81	0.29
28307Bread, naan, plain, commercially prepared, refrigerated0.810.1328362PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza0.810.1136053CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce0.810.0901199Cream, half and half, fat free0.810.0202044Basil, fresh0.810.3804030Sandwich spread, with chopped pickle, regular, unspecified oils0.810.01	21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	0.81	0.05
PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce 0.81 0.09 Cream, half and half, fat free 0.81 0.02 Date of the spread, with chopped pickle, regular, unspecified oils 0.81 0.81 0.81 0.81 0.81 0.81 0.81 0.81 0.81 0.81 0.81	22984	KASHI, Chicken Pasta Pomodoro, Frozen Entree	0.81	
36053CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce0.810.0901199Cream, half and half, fat free0.810.0202044Basil, fresh0.810.3804030Sandwich spread, with chopped pickle, regular, unspecified oils0.810.01	28307	Bread, naan, plain, commercially prepared, refrigerated	0.81	0.13
01199Cream, half and half, fat free0.810.0202044Basil, fresh0.810.3804030Sandwich spread, with chopped pickle, regular, unspecified oils0.810.01	28362	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza	0.81	0.11
02044Basil, fresh0.810.3804030Sandwich spread, with chopped pickle, regular, unspecified oils0.810.01	36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	0.81	0.09
04030 Sandwich spread, with chopped pickle, regular, unspecified oils 0.01	01199	Cream, half and half, fat free	0.81	0.02
	02044	Basil, fresh	0.81	0.38
15005 Fish, bluefish, raw 0.81 0.05	04030	Sandwich spread, with chopped pickle, regular, unspecified oils	0.81	0.01
	15005	Fish, bluefish, raw	0.81	0.05

10,10 10,1	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
10206 Balyfond, carrols and beef, strained 0.80 0.01 10250 Balyfond, carrols and beef, strained 0.80 0.05 10577 Chicken, britlers (Tryss, beast, skinless, boacless, meat only, with added solution, cooked, braised 0.80 0.05 10574 Chicken, brotler or fryers, breast, skinless, boacless, meat only, with added solution, cooked, braised 0.80 0.05 10612 Cravy, Lurdey, carrold, ready for serve 0.80 0.10 10614 Soage, chicken musbroom, carrold, condensed 0.80 0.01 10781 Turkey brass, silent, prepackaged 0.80 0.02 10781 Turkey brass, silent, prepackaged 0.80 0.02 10802 Cereali ready-to-ent, ERLI-OKG'S FROSTED RICE KRISPIES 0.80 0.16 10805 Carrols, ready-to-ent, ERLI-OKG'S FROSTED RICE KRISPIES 0.80 0.16 10806 Pock, currol, separable far (from hum and arm picnic), unbested 0.80 0.03 10807 Beverages, mated drink mix, chocolate, powder 0.80 0.03 10812 Turk, row, regular, prepared with calcium sulfular 0.80 0.19 10814 WORTHINGTON Chil, carrold, unprepared 0.80 0.19 10814 WORTHINGTON Chil, carrold, unprepared 0.80 0.19 10815 WORTHINGTON Prostage Roll, frozen, unprepared 0.80 0.10 10815 WORTHINGTON Nowled Terler (but, unprepared 0.80 0.10 10815 WORTHINGTON Nowled Terler (but, unprepared 0.80 0.10 10815 WORTHINGTON Sunked Turkey Rull, frozen, unprepared 0.80 0.10 10816 WORTHINGTON Sunked Turkey Rull, frozen, unprepared 0.80 0.10 10816 WORTHINGTON Sunked Turkey Rull, frozen, unprepared 0.80 0.10 10816 WORTHINGTON Sunked Turkey Rull, frozen, unprepared 0.80 0.10 10817 WORTHINGTON Sunked Turkey Rull, frozen, unprepared 0.80 0.10 10818 WORTHINGTON Sunked Turkey Rull, frozen, unprepared 0.80 0.10 10818 WORTHINGTON Sunked Turkey Rull, frozen, unprepared 0.80 0.10 10818 WORTHINGTON Sunked Turkey Rull, frozen, unprepared 0.80 0.10 10818 WORTHINGTON Sunked Turkey Rull, frozen, u	18006	Bagels, cinnamon-raisin, toasted	0.81	0.16
1929 Babyilood, carrots and beri, strained 0.88 0.05	18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	0.81	0.12
05057 Chicken, broilers in Fyers, bread, meat and skin, row 0.04 05748 Chicken, broiler or Fyers, bread, meat and skin, row 0.80 0.03 06125 Coray, turky, canned, realy-to-sers, skinless, brombess, meat only, with added solution, cooked, braised 0.80 0.01 06149 Soup, chicken muchitrom, canned, condensed 0.80 0.02 07081 Turkey breast, skinch, prepackaged 0.80 0.02 08092 Cereals ready-to-seal, KELLOGG, SKLLOGGS FROSTED RICE KRINPIES 0.80 0.60 08059 Cereals ready-to-seal, KELLOGG, SKLLOGGO ZUCARITAS 0.80 0.04 10166 Post, cured, separable fat (from hum and arm picinic), unbeated 0.80 0.04 1041 Balsam-pear Officer gordh, pods, two 0.80 0.03 1042 Balsam-pear Officer gordh, pods, two 0.80 0.20 104317 Beverages, malted drink mix, chocolate, powder 0.80 0.20 16472 Tofu, raw, regular, prepared with calcium sufface 0.80 0.20 16541 WORTHINGTON Meals Carried Read State (and seed), and unprepared 0.80 0.80 1654	03206	Babyfood, cookie, baby, fruit	0.80	0.04
05748 Chicken, broiler or fryers, breast, skinless, bancless, meat only, with added solution, cooked, braised 0.80 0.01 06125 Gravy, turkey, camed, ready-to-serve 0.80 0.10 06149 Soup, chicken manthroom, canned, condensed 0.80 0.02 07081 Turkey breast, sliced, prepackaged 0.80 0.02 08052 Cereals ready-to-ear, KELLOGGS FROSTED PLAKES, CHOCO ZUCARITAS 0.80 0.16 08059 Cereals ready-to-ear, KELLOGGS FROSTED PLAKES, CHOCO ZUCARITAS 0.80 0.01 11066 Pork, cuerd, spenable fat (from hum and arm plexic) unheated 0.80 0.03 11024 Balsam paur (bitter goarth, prob, raw 0.80 0.03 14317 Beverages, multed drink mix, chocolate, powder 0.80 0.20 16427 Tofu, raw, regular, prepared with calcium sulfare 0.80 0.20 16510 WORTHINGTON Low far Eric fick, canned, unprepared 0.80 - 16511 WORTHINGTON Low far Eric fick, canned, unprepared 0.80 - 16527 WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared 0.80 -	03290	Babyfood, carrots and beef, strained	0.80	0.05
06125 Gravy, turkey, canned, ready-to-serve 0.80 0.10 06149 Soup, chicken mushroom, canned, condensed 0.80 0.04 07081 Turkey breast, sickled, pepcadkaged 0.80 0.02 08032 Cereals ready-to-ean, KELLOGG FROSTED FLAKES, CHOCO ZUCARITAS 0.80 0.16 0869 Cereals, espanyble fat (from hum and arm picine), urbated 0.80 0.04 11024 Balsan-pear (bitter gourd), pods, raw 0.80 0.03 14317 Beverages, malled drink mar, chocolate, prowder 0.80 0.20 16321 Toffic, raw, regular, preported with existion usliface 0.80 0.19 16504 LOMA LINDA Tender Rounds with Gravy, canned, unprepared 0.80 0.19 16514 WORTHINGTON Law Far Fri Chik, canned, unprepared 0.80 - 16514 WORTHINGTON Meatles Corned Beef Roll, frozen, unprepared 0.80 - 16527 WORTHINGTON Sowked Turkey Roll, frozen, unprepared 0.80 - 16533 WORTHINGTON Sowked Turkey Roll, frozen, unprepared 0.80 - 16534 MORNINGSTAR FARNS Chik'n Nuggets,	05057	Chicken, broilers or fryers, breast, meat and skin, raw	0.80	0.04
06149 Soup, chicken muslaroom, canned, condensed 0.80 0.04 07081 Turkey breast, sliede, prepackaged 0.80 0.02 08032 Cereals ready-to-eat, KELLOGG, KELLOGG, KELLOGG STROSTED RICE KRISPIES 0.80 0.16 08659 Cereals ready-to-eat, KELLOGG STROSTED FLAKES, CILCO ZUCARTAS 0.80 0.03 10166 Pork, curred, separable fat (from ham and arm picnic), unheated 0.80 0.04 11024 Balsam-pear (bitter gourd), pods, raw 0.80 0.20 16477 Tofu, raw, regular, prepared with calcium sulfate 0.80 0.20 16594 LOMA LINDA Tender Rounds with Gravy, canned, unprepared 0.80 0.19 16510 WORTHINGTON Chili, canned, unprepared 0.80 - 16514 WORTHINGTON Mealles Corned Beef Roll, frozen, unprepared 0.80 - 16527 WORTHINGTON Prosage Roll, frozen, unprepared 0.80 - 16533 WORTHINGTON Prosage Roll, frozen, unprepared 0.80 - 16554 MORNINGSTAR FARMS Chik', Nuggest, frozen, unprepared 0.80 - 16555 MORNINGSTAR FARMS C	05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	0.80	0.03
07081 Turkey breast, sliced, prepackaged 0.80 0.02 08082 Cercals ready-to-car, KELLOGGS FROSTED RICE KRISPIES 0.80 0.16 08659 Cercals ready-to-car, KELLOGGS FROSTED FLAKES, CHOCO ZUCARITAS 0.80 0.04 10166 Pork, cared, separable fat (from ham and arm picin); unheuted 0.80 0.04 1024 Balsam-pear (bitter gourd), pods, raw 0.80 0.03 14317 Beverages, malted drink mis, chocolate, powder 0.80 0.20 16524 Tofu, raw, regular, prepared with clincum sulfate 0.80 0.19 16504 LOMA LINDA Tender Roands with Gravy, camed, unprepared 0.80 16510 WORTHINGTON Chili, camed, unprepared 0.80 16514 WORTHINGTON Mealtes Corned Reef Roll, frozen, unprepared 0.80 16527 WORTHINGTON Prosage Roll, frozen, unprepared 0.80 16533 WORTHINGTON Smoked Turkey Roll, frozen, unprepared 0.80 16534 MORNINGTOR SEA FARMS Tomoto & amp, Basil Pyza Barger, frozen, unprepared 0.80 16554 MORNINGT	06125	Gravy, turkey, canned, ready-to-serve	0.80	0.10
08032 Cereals ready-to-eat, KELLOGG, KELLOGGS PROSTED RICE KRISPIES 0.80 0.16 08699 Cereals ready-to-eat, KELLOGGS FROSTED FLAKES, CIICOG ZUCARTAS 0.80 0.80 10166 Pork, cured, separable fat (from ham and arm picnic), unbeated 0.80 0.03 11024 Balsam-pear (hiter goard), pods, raw 0.80 0.03 14317 Beverages, malled drink mix, chocolate, powder 0.80 0.20 16427 Tofs, raw, regular, prepared with calcium sulfate 0.80 0.80 16510 LONA LINDA Tender Rounds with Gravy, canned, unprepared 0.80 16510 WORTHINGTON Low Fat Fric Chik, canned, unprepared 0.80 16527 WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared 0.80 16532 WORTHINGTON Prosage Roll, frozen, unprepared 0.80 16533 WORTHINGTON Smoked Turkuy Roll, frozen, unprepared 0.80 16534 MORNINGTAR FARMS Chilk no Kamp, Basil Fizza Burger, frozen, unprepared 0.80 16535 MORNINGTAR FARMS Smix damage, Basil Fizza Burger, frozen, unprepared 0.80 <td>06149</td> <td>Soup, chicken mushroom, canned, condensed</td> <td>0.80</td> <td>0.04</td>	06149	Soup, chicken mushroom, canned, condensed	0.80	0.04
08659 Cereals ready-so-ent, KELLOGGS FROSTED FLAKES, CHOCO ZUCARITAS 0.80	07081	Turkey breast, sliced, prepackaged	0.80	0.02
10166 Pork, cured, separable fat (from ham and arm picnic), unheated 0.80 0.04 11024 Balsame, pear (bitter gourd), pods, raw 0.80 0.03 14317 Beverages, malted drink mix, chocolate, powder 0.80 0.20 16317 Tofu, raw, regular, prepared with calcium sulfate 0.80 0.19 16594 LOMA LINDA Tender Rounds with Gravy, canned, unprepared 0.80	08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	0.80	0.16
Balsam-pear (bitter gourd), pods, raw 0.80 0.03 0.03 0.03 0.04 0.05 0.	08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	0.80	
14317 Beverages, malted drink mix, chocolate, powder 0.80 0.20 16427 Tofu, raw, regular, prepared with calcium sulfate 0.80 0.19 16504 LOMA LINDA Tender Rounds with Gravy, canned, unprepared 0.80	10166	Pork, cured, separable fat (from ham and arm picnic), unheated	0.80	0.04
16427 Tofu, raw, regular, prepared with calcium sulfate 0.80 0.19 16504 LOMA LINDA Tender Rounds with Gravy, canned, unprepared 0.80 16510 WORTHINGTON Chill, canned, unprepared 0.80 16514 WORTHINGTON Lew Fat Fri Chik, canned, unprepared 0.80 16527 WORTHINGTON Mealess Corned Beef Roll, frozen, unprepared 0.80 16532 WORTHINGTON Prosage Roll, frozen, unprepared 0.80 16533 WORTHINGTON Smoked Turkey Roll, frozen, unprepared 0.80 16534 WORTHINGTON Nam (roll), frozen, unprepared 0.80 16535 WORTHINGTON STAR FARMS Tomato & amp: Basil Pizza Burger, frozen, unprepared 0.80 16554 MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared 0.80 16556 MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & amp: Cheese, frozen, unprepared 0.80 16603 MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & amp: Cheese, frozen, unprepared 0.80 0.20 18180 Cookies, oatmeal, dry mix 0.80 0.30	11024	Balsam-pear (bitter gourd), pods, raw	0.80	0.03
16504	14317	Beverages, malted drink mix, chocolate, powder	0.80	0.20
16510 WORTHINGTON Chili, canned, unprepared 0.80 - 16514 WORTHINGTON Low Fat Fri Chik, canned, unprepared 0.80 - 16527 WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared 0.80 - 16532 WORTHINGTON Prosage Roll, frozen, unprepared 0.80 - 16533 WORTHINGTON Smoked Turkey Roll, frozen, unprepared 0.80 - 16536 WORTHINGTON Wham (roll), frozen, unprepared 0.80 - 16554 MORNINGSTAR FARMS Tomato & amp; Basil Pizza Burger, frozen, unprepared 0.80 - 16556 MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared 0.80 - 16691 WORTHINGTON Leanies, frozen, unprepared 0.80 - 16603 MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & amp; Cheese, frozen, unprepared 0.80 - 18180 Cookies, oatmeal, dry mix 0.80 0.20 18254 Doughnuts, yeast-leavened, with creme filling 0.80 0.11 18953 Bread, salvadoran sweet cheese (quesadilla salvadorena) 0.80 0.80 18993 BEAR NAKED, Double Chocolate Co	16427	Tofu, raw, regular, prepared with calcium sulfate	0.80	0.19
16514 WORTHINGTON Low Fat Fri Chik, canned, unprepared 0.80	16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	0.80	
16527 WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared 0.80 16532 WORTHINGTON Prosage Roll, frozen, unprepared 0.80 16533 WORTHINGTON Smoked Turkey Roll, frozen, unprepared 0.80 16536 WORTHINGTON Wham (roll), frozen, unprepared 0.80 16554 MORNINGSTAR FARMS Tomato & Examp: Basil Pizza Burger, frozen, unprepared 0.80 16556 MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared 0.80 16591 WORTHINGTON Leanies, frozen, unprepared 0.80 16603 MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Eg	16510	WORTHINGTON Chili, canned, unprepared	0.80	
WORTHINGTON Prosage Roll, frozen, unprepared 0.80	16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	0.80	
16533 WORTHINGTON Smoked Turkey Roll, frozen, unprepared 0.80 16536 WORTHINGTON Wham (roll), frozen, unprepared 0.80 16554 MORNINGSTAR FARMS Tomato & amp; Basil Pizza Burger, frozen, unprepared 0.80 16556 MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared 0.80 16591 WORTHINGTON Leanies, frozen, unprepared 0.80 16603 MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & amp; Cheese, frozen, unprepared 0.80 18180 Cookies, oatmeal, dry mix 0.80 0.20 18254 Doughnuts, yeast-leavened, with creme filling 0.80 0.11 18953 Bread, salvadoran sweet cheese (quesadilla salvadorena) 0.80 0.03 18974 KASHI, TLC, Honey Sesame Crackers 0.80 18993 BEAR NAKED, Double Chocolate Cookies 0.80 20061 Rice flour, white, unenriched 0.80 0.13 22121 MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared 0.80 22970 Macaroni and cheese, frozen entree 0.8	16527	WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared	0.80	
16533 WORTHINGTON Smoked Turkey Roll, frozen, unprepared 0.80 16536 WORTHINGTON Wham (roll), frozen, unprepared 0.80 16554 MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared 0.80 16556 MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared 0.80 16591 WORTHINGTON Leanies, frozen, unprepared 0.80 16603 MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & map; Cheese, frozen, unprepared 0.80 18180 Cookies, oatmeal, dry mix 0.80 0.20 18254 Doughnuts, yeast-leavened, with creme filling 0.80 0.11 18953 Bread, salvadoran sweet cheese (quesadilla salvadorena) 0.80 0.03 18974 KASHI, TLC, Honey Sesame Crackers 0.80 18993 BEAR NAKED, Double Chocolate Cookies 0.80 20061 Rice flour, white, unenriched 0.80 0.13 22121 MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared 0.80 0.5 22970 Macaroni and cheese, frozen entree 0.80 <td>16532</td> <td>WORTHINGTON Prosage Roll, frozen, unprepared</td> <td>0.80</td> <td></td>	16532	WORTHINGTON Prosage Roll, frozen, unprepared	0.80	
16554 MORNINGSTAR FARMS Tomato & Samip; Basil Pizza Burger, frozen, unprepared 0.80 16556 MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared 0.80 16591 WORTHINGTON Leanies, frozen, unprepared 0.80 16603 MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Samp; Cheese, frozen, unprepared 0.80 18180 Cookies, oatmeal, dry mix 0.80 0.20 18254 Doughnuts, yeast-leavened, with creme filling 0.80 0.11 18953 Bread, salvadoran sweet cheese (quesadilla salvadorena) 0.80 0.80 18974 KASHI, TLC, Honey Sesame Crackers 0.80 18993 BEAR NAKED, Double Chocolate Cookies 0.80 20061 Rice flour, white, unenriched 0.80 0.13 22121 MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared 0.80 22970 Macaroni and cheese, frozen entree 0.80 0.05 28056 KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies 0.80	16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	0.80	
16554 MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared 0.80 16556 MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared 0.80 16591 WORTHINGTON Leanies, frozen, unprepared 0.80 16603 MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & map; Cheese, frozen, unprepared 0.80 0.80 18180 Cookies, oatmeal, dry mix 0.80 0.20 18254 Doughnuts, yeast-leavened, with creme filling 0.80 0.11 18953 Bread, salvadoran sweet cheese (quesadilla salvadorena) 0.80 0.03 18974 KASHI, TLC, Honey Sesame Crackers 0.80 18993 BEAR NAKED, Double Chocolate Cookies 0.80 20061 Rice flour, white, unenriched 0.80 0.13 22121 MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared 0.80 0.5 22970 Macaroni and cheese, frozen entree 0.80 0.5 28056 KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies 0.80	16536	WORTHINGTON Wham (roll), frozen, unprepared	0.80	
16591 WORTHINGTON Leanies, frozen, unprepared 0.80 16603 MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Egg	16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	0.80	
16603 MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg &	16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	0.80	
18180 Cookies, oatmeal, dry mix 0.80 0.20 18254 Doughnuts, yeast-leavened, with creme filling 0.80 0.11 18953 Bread, salvadoran sweet cheese (quesadilla salvadorena) 0.80 0.03 18974 KASHI, TLC, Honey Sesame Crackers 0.80 18993 BEAR NAKED, Double Chocolate Cookies 0.80 20061 Rice flour, white, unenriched 0.80 0.13 22121 MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared 0.80 22970 Macaroni and cheese, frozen entree 0.80 0.05 28056 KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies 0.80	16591	WORTHINGTON Leanies, frozen, unprepared	0.80	
Doughnuts, yeast-leavened, with creme filling Bread, salvadoran sweet cheese (quesadilla salvadorena) KASHI, TLC, Honey Sesame Crackers BEAR NAKED, Double Chocolate Cookies BEAR NAKED, Double Chocolate Cookies Rice flour, white, unenriched MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared Macaroni and cheese, frozen entree Macaroni and cheese, frozen entree KEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies MEDINER GUING DELUXE, Mini Chocolate Chip Cookies MEDINER GUING DELUXE, Mini Chocolate Chip Cookies MEDINER GUING DELUXE, Mini Chocolate Chip Cookies	16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	0.80	
Bread, salvadoran sweet cheese (quesadilla salvadorena) RASHI, TLC, Honey Sesame Crackers BEAR NAKED, Double Chocolate Cookies Rice flour, white, unenriched MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared Morningstar Farms Grillers Vegan, frozen, unprepared Macaroni and cheese, frozen entree REBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies WEEDLER, CHIPS DELUXE, Mini Chocolate Chip Cookies MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared O.80	18180	Cookies, oatmeal, dry mix	0.80	0.20
18974 KASHI, TLC, Honey Sesame Crackers 18993 BEAR NAKED, Double Chocolate Cookies 18994 0.80 20061 Rice flour, white, unenriched 20061 MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared 22121 MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared 22970 Macaroni and cheese, frozen entree 22970 KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies 28056 KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies 20050 WEEDLER, CHIPS DELUXE, Mini Chocolate Chip Cookies	18254	Doughnuts, yeast-leavened, with creme filling	0.80	0.11
BEAR NAKED, Double Chocolate Cookies 0.80 20061 Rice flour, white, unenriched 0.80 0.13 22121 MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared 0.80 22970 Macaroni and cheese, frozen entree 0.80 0.05 EEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies 0.80	18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	0.80	0.03
20061Rice flour, white, unenriched0.800.1322121MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared0.8022970Macaroni and cheese, frozen entree0.800.0528056KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies0.80	18974	KASHI, TLC, Honey Sesame Crackers	0.80	
MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared 0.80 22970 Macaroni and cheese, frozen entree 0.80 0.05 28056 KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies 0.80	18993	BEAR NAKED, Double Chocolate Cookies	0.80	
Macaroni and cheese, frozen entree 0.80 0.05 KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies 0.80	20061	Rice flour, white, unenriched	0.80	0.13
28056 KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies 0.80	22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	0.80	
MEETING CHIPPE DELIVER OF CHIP	22970	Macaroni and cheese, frozen entree	0.80	0.05
28058 KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies 0.80	28056	KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies	0.80	
	28058	KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies	0.80	

2005 KFFMURR, KERDEC, VIRINS DELINIS, Cheeschee Origin Cookies, Nite-size 0.80	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
28124 KIPBLER, KNNDES, Cinchew Stortheead Coxicies 0.80	28085	KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat	0.80	
2814 KEBLER, TOWN HOUSE, FLIPSIDES, Petrole Crockers 0.88 — 28246 SUNSINIE, CILEZ-FL, Roccarella Crockers 0.88 — 8415 Restaural, Laffano, any genderseemed cormonal bread) 0.80 0.01 8405 CRACKER BABERT, country fried shrimp platter 0.80 0.01 5006 Babyfood, finit, tutti front, strained 0.89 0.02 22916 CRACKER BABERT, country fried shrimp platter 0.79 0.08 22916 Caudies, RESENEE'S, ALMOND DY BITES 0.79 0.09 2018 Caudies, RESENEE'S, ALMOND DY BITES 0.79 0.09 2018 Caudies, RESENEE'S, ALMOND DY BITES 0.79 0.09 2018 Caudies, Alexander and Mired 0.79 0.09 2018 Discourse de Lecte 0.79 0.00 2021 Discourse de Lecte 0.79 0.05 2032 Infant formula, MEAD JOHNSON, PROSOBER, LIPIT, early to feed, with ARA and DHA 0.79 0.05 2032 Infant formula, MEAD JOHNSON, PROSOBER, prepared from powder 0.79 0.05 2032	28102	KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size	0.80	
28246 SUNSHINE, CHEEZ-IT, Mozzarella Crackers 0.88 0.08 3615 Restaurat, Latino, arepa (universed commed bread) 0.89 0.08 3605 CRACKER RABERIE, county fried string plater 0.80 0.11 4306 Baby food, first, tutti fratit, strained 0.79 0.18 1924 Canales, IERSHIPS, ALMOND JOY BITES 0.79 0.18 2926 Lasapas with meat Aganp; sauce, frozen entere 0.79 0.01 3601 Restaurant, family style, shrimp, breaded and fried 0.79 0.01 3622 Dake of Leche 0.79 0.05 3823 Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready to feed, with ARA and DHA 0.79 0.05 3837 Infant formula, MEAD JOHNSON, PROSOBEE, IPIP, ready to feed, with ARA and DHA 0.79 0.05 3840 Infant formula, MEAD JOHNSON, STATP, PROSOBEE, IPIP, ready to feed, with ARA and DHA 0.79 0.05 3892 Infant formula, MEAD JOHNSON, STATP, PROSOBEE, IPIP, ready to feed, with ARA and DHA 0.79 0.05 3892 Infant formula, MEAD JOHNSON, STATP, PROSOBEE, IPIP, ready to feed, with a ARA and DHA 0.79	28124	KEEBLER, SANDIES, Cashew Shortbread Cookies	0.80	
28246 SINNINGE, CHEEZ-TI, Morazalla Cnekurs 6.86 6.76 68415 Restaurant, Latina, arenge (unleavened corrunal besol) 0.80 0.01 36505 CRACKLER BARKELL, country fried shring platter 0.80 0.01 45006 Babytond, fruit, tutti fruit, strained 0.90 0.00 10248 Candies, HERSHEYS, ALMOND TOY BITES 0.70 0.01 2016 Laugus with most kamp; saxes, froze entree 0.70 0.00 2016 Restaurant, family style, shring, breaded and fried 0.70 0.00 2025 Dute Lebede 0.70 0.00 3832 Infant formula, MEAD JOHNSON, PROSOBEE, LIPIT, early to feed, with ARA and DHA 0.70 0.00 3846 Infant formula, MEAD JOHNSON, PROSOBEE, LiPIT, early to feed, with ARA and DHA 0.70 0.00 3857 Infant formula, MEAD JOHNSON, PROSOBEE, LiPIT, early to feed, with ARA and DHA 0.70 0.00 3894 Infant formula, MEAD JOHNSON, PROSOBEE, prepared from prosor 0.79 0.00 3892 Infant formula, MEAD JOHNSON, ENTS TPP PROSOBEE, prepared from prosor 0.79 0.00 31	28144	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat	0.80	
3605 CRACKER BARREL, county fried shrimp platter 0.80 0.11 45006 Babyfood, Iruit, tuti fruit, strained 0.80 0.02 1928 Candies, IRERIFENYS, ALMON DOY BITES 0.79 0.18 2916 Lasagna with meat & anny; sauce, frozen entree 0.79 0.09 36016 Restaurant, family sayle, shrimp, breaded and fried 0.79 0.01 0823 Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready to-feed 0.79 0.05 0887 I fatant formula, MEAD JOHNSON, PROSOBEE, LIPIL, eady to feed, with ARA and DHA 0.79 0.05 0886 Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, eady to feed, with ARA and DHA 0.79 0.05 0890 Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, eady to feed, with ARA and DHA 0.79 0.05 0892 Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, prepared from prowder 0.79 0.05 0892 Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, prepared from prowder 0.79 0.05 1082 Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, prepared from prowder 0.79 0.05 1123 Endity	28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	0.80	
43006 Babyfood, fruit, tutti fruit, strained 0.02 19248 Candies, HERSHEYS, ALMOND JOY BITES 0.79 0.18 2916 Lasagna with meat kamp: sauce, frozen entree 0.79 0.09 3001 Restaurant, family style, shrimp, breaded and fried 0.79 0.01 01225 Dulee de Leche 0.79 0.00 03823 Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready to feed, with ARA and DHA 0.79 0.05 03857 Infant formula, MEAD JOHNSON, PROSOBEE, LIPHI, with iron, ready to feed, with ARA and DHA 0.79 0.05 03864 Infant formula, MEAD JOHNSON, PROSOBEE, LIPHI, with iron, ready to feed, with ARA and DHA 0.79 0.05 03824 Infant formula, MEAD JOHNSON, PROSOBEE, LIPHI, with iron, ready to feed, with ARA and DHA 0.79 0.05 03925 Infant formula, MEAD JOHNSON, PROSOBEE, LIPHI, wath iron, ready to feed, with ARA and DHA 0.79 0.05 03926 Infant formula, MEAD JOHNSON, PROSOBEE, LIPHI, wath iron, ready to feed, with ARA and DHA 0.79 0.05 1032 Lima beans, immature seeds, cooked, boiled, drained, without sait 0.79 0.05 1123 Jute	36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	0.80	0.03
19248 Candies, HERSHEYS, ALMOND JOY BITES 0.79 0.18 29916 Lasagna with meat &anny, sauce, frozen entree 0.79 0.09 36016 Restaurant, family sple, shrimp, breaded and fried 0.79 0.01 10225 Duke de Leche 0.79 0.00 08823 Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready to feed, with ARA and DIA 0.79 0.05 08861 Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DIA 0.79 0.05 08900 Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, prepared from powder 0.79 0.05 03982 Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed 0.79 0.05 03982 Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed 0.79 0.05 03982 Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed 0.79 0.05 03982 Infant formula, MEAD JOHNSON, Sow, Sow, Sow, Sow, Sow, Sow, Sow, Sow	36605	CRACKER BARREL, country fried shrimp platter	0.80	0.11
2916 Lassgna with meat & sauce, frozen entree 0.79 0.00 36016 Restaurant, family style, shrime, breaded and fried 0.79 0.14 91225 Dulce de Leche 0.79 0.00 082821 Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready to feed, with ARA and DHA 0.79 0.05 08367 Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA 0.79 0.05 08390 Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA 0.79 0.05 08920 Infant formula, MEAD JOHNSON, ENEXT STEP PROSOBEE, LIPIL, ready to feed, with ARA and DHA 0.79 0.05 08930 Infant formula, MEAD JOHNSON, ENEXT STEP PROSOBEE, LIPIL, ready to feed, with ARA and DHA 0.79 0.05 08932 Infant formula, MEAD JOHNSON, ENEXT STEP PROSOBEE, LIPIL, ready to feed, with ARA and DHA 0.79 0.05 18932 Infant formula, MEAD JOHNSON, ENEXT STEP PROSOBEE, LIPIL, ready to feed, with ARA and DHA 0.79 0.05 11031 Limb beans, immature seeds, cooked, boiled, drained, without salt 0.79 0.05 11231 Jule, potherb, cooked, boiled, drained, with salt <td< td=""><td>43006</td><td>Babyfood, fruit, tutti frutti, strained</td><td>0.80</td><td>0.02</td></td<>	43006	Babyfood, fruit, tutti frutti, strained	0.80	0.02
36016 Restaurant, family style, shrimp, breaded and fried 0.79 0.14 01225 Dulce de Leche 0.79 0.00 03823 Infant formula, MEAD JOHNSON, PROSOBEE, LiPIL, with iron, ready to feed, with ARA and DHA 0.79 0.05 03857 Infant formula, MEAD JOHNSON, PROSOBEE, LiPIL, ready to feed, with ARA and DHA 0.79 0.05 03940 Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, trepared from powder 0.79 0.05 03982 Infant formula, MEAD JOHNSON, EXTSTEP PROSOBEE, repared from powder 0.79 0.05 03982 Infant formula, MEAD JOHNSON, EXPAMIL, Enfagrow, Soy, Toddler ready-to-feed 0.79 0.05 03982 Infant formula, MEAD JOHNSON, EXPAMIL, Enfagrow, Soy, Toddler ready-to-feed 0.79 0.05 11932 Lima beans, immature seeds, cooked, boiled, drained, without salt 0.79 0.06 11231 Bule, potherb, cooked, boiled, drained, with salt 0.79 0.26 11242 Jute, potherb, cooked, boiled, drained, with salt 0.79 0.26 1524 Fish, pike, walleye, cooked, dry heat 0.79 0.26 1624 Soy sauce made from soy and wheat (19248	Candies, HERSHEY'S, ALMOND JOY BITES	0.79	0.18
01225 Duce de Leche 0.09 0.00 08232 Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed 0.05 0.05 083857 Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA 0.09 0.05 08384 Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA 0.79 0.05 03930 Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, prepared from powder 0.09 0.05 11032 Lima beans, immature seeds, cooked, boiled, drained, without salt 0.79 0.05 11231 Pandiver, raw 0.79 0.06 11232 Jute, potherb, cooked, boiled, drained, without salt 0.79 0.26 11234 Jute, potherb, cooked, boiled, drained, with salt 0.79 0.26 11744 Lima beans, immature seeds, cooked, boiled, drained, with salt 0.79 0.26 11749 Jute, potherb, cooked, boiled, drained, with salt 0.79 0.26 11740 Lima beans, immature seeds, cooked, boiled, drained, with salt 0.79 0.26 15204 Fish, pike, walleye, cooked, boiled, drained, with salt 0.	22916	Lasagna with meat & Days auce, frozen entree	0.79	0.09
03823 Infant formula, MEAD JOINSON, PROSOBEE, with iron, ready to feed, with ARA and DIIA 0.79 0.05 03857 Infant formula, MEAD JOINSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DIIA 0.79 0.05 03864 Infant formula, MEAD JOINSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DIIA 0.79 0.05 03982 Infant formula, MEAD JOHNSON, ENT STEP PROSOBEE, prepared from powder 0.79 0.05 11032 Lima beans, immature seeds, cooked, boiled, drained, without salt 0.79 0.06 11231 Findive, raw 0.79 0.10 11232 Jute, potherb, cooked, boiled, drained, without salt 0.79 0.26 11744 Lima beans, immature seeds, cooked, boiled, drained, with salt 0.79 0.26 11789 Jute, potherb, cooked, boiled, drained, with salt 0.79 0.26 11740 Lima beans, immature seeds, cooked, divit salt 0.79 0.26 11780 Jute, potherb, cooked, boiled, drained, with salt 0.79 0.26 15204 Fish, pik, walleye, cooked, dry beat 0.79 0.26 16214 Soy sauce made from soy and wheat (shoyu), low sod	36016	Restaurant, family style, shrimp, breaded and fried	0.79	0.14
03857 Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA 0.79 0.05 03864 Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA 0.79 0.05 03980 Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, prepared from powder 0.79 0.05 03982 Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed 0.79 0.05 11032 Lima beans, immature seeds, cooked, boiled, drained, without salt 0.79 0.10 11231 Bendive, raw 0.79 0.26 11232 Jute, potherb, cooked, boiled, drained, without salt 0.79 0.26 11234 Lima beans, immature seeds, cooked, boiled, drained, without salt 0.79 0.26 11232 Jute, potherb, cooked, boiled, drained, without salt 0.79 0.26 11734 Lima beans, immature seeds, cooked, boiled, drained, with salt 0.79 0.26 11749 Jute, potherb, cooked, boiled, drained, with salt 0.79 0.26 11740 Lima beans, immature seeds, cooked, boiled, drained, with salt 0.79 0.26 15204 Fish, pike,	01225	Dulce de Leche	0.79	0.00
0864 Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA 0.79 0.08 08930 Infant formula, MEAD JOHNSON, EXT STEP PROSOBEE, prepared from powder 0.79 0.05 03982 Infant formula, MEAD JOHNSON, EXT SAMIL, Enfagrow, Soy, Toddler ready-to-feed 0.79 0.05 11032 Lima beans, inmature seeds, cooked, boiled, drained, without salt 0.79 0.10 11231 Padive, raw 0.79 0.26 11232 Jue, potherb, cooked, boiled, drained, without salt 0.79 0.26 11743 Lima beans, immature seeds, cooked, boiled, drained, with salt 0.79 0.26 11740 Lima beans, immature seeds, cooked, boiled, drained, with salt 0.79 0.26 11740 Lima beans, immature seeds, cooked, boiled, drained, with salt 0.79 0.26 11740 Lima beans, immature seeds, cooked, drained, with salt 0.79 0.26 15204 Fish, pike, walleye, cooked, dry heat 0.79 0.23 1624 Soy sauce made from soy and wheat (shoya), low sodium 0.79 0.16 1817 Cookies, oatmeal, commercially prepared, regular <	03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	0.79	0.05
0990 Infant formula, MEAD JOHNSON, ENTSTEP PROSOBEE, prepared from powder 0.09 0.00 03982 Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed 0.79 0.05 11032 Lima beans, immature seeds, cooked, boiled, drained, without salt 0.79 0.10 11231 Endiver, raw 0.79 0.26 11232 Jute, potherb, cooked, boiled, drained, without salt 0.79 0.26 11744 Lima beans, immature seeds, cooked, boiled, drained, with salt 0.79 0.26 11749 Jute, potherb, cooked, boiled, drained, with salt 0.79 0.26 15204 Fish, jike, walleye, cooked, dry heat 0.79 0.23 1624 Soy sauce made from soy and wheat (shoyu), low sodium 0.79 0.03 18027 Bread, egg 0.79 0.13 18178 Cookies, oatmeal, commercially prepared, regular 0.79 0.13 05215 Babyfood, pretzels 0.78 0.47 0518 Chicken, roasting, light meat, meat only, cooked, roasted 0.78 0.47 05227 Chicken breast tenders, breaded, tuncooked <td>03857</td> <td>Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA</td> <td>0.79</td> <td>0.05</td>	03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	0.79	0.05
03982 Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed 0.79 0.05 11032 Lima beans, immature seeds, cooked, boiled, drained, without salt 0.79 0.10 11231 Endive, raw 0.79 0.26 11232 Jute, potherb, cooked, boiled, drained, without salt 0.79 0.26 11231 Lima beans, immature seeds, cooked, boiled, drained, with salt 0.79 0.30 11744 Lima beans, immature seeds, cooked, boiled, drained, with salt 0.79 0.30 11789 Jute, potherb, cooked, boiled, drained, with salt 0.79 0.26 15204 Fish, pike, walleye, cooked, dry heat 0.79 0.23 16424 Soy sauce made from soy and wheat (shoyu), low sodium 0.79 0.05 18027 Bread, egg 0.79 0.13 18178 Cookies, oatmeal, commercially prepared, regular 0.79 0.13 05215 Babyfood, pretzels 0.78 0.44 05118 Chicken, roasting, light meat, meat only, cooked, roasted 0.78 0.49 05227 Chicken breast tenders, breaded, uncooked 0.78 0.49 1034 Paches, deh	03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	0.79	0.05
I1032 Lima beans, immature seeds, cooked, boiled, drained, without salt 0.79 0.30 11231 Budive, raw 0.79 0.10 11232 Jute, potherb, crow 0.79 0.26 11734 Lima beans, immature seeds, cooked, boiled, drained, with salt 0.79 0.26 11789 Jute, potherb, cooked, boiled, drained, with salt 0.79 0.26 11789 Jute, potherb, cooked, boiled, drained, with salt 0.79 0.26 15204 Fish, pike, walleye, cooked, dry heat 0.79 0.23 16424 Soy sauce made from soy and wheat (shoyu), low sodium 0.79 0.05 18027 Bread, egg 0.79 0.13 18178 Cookies, oatmeal, commercially prepared, regular 0.79 0.13 03215 Babyfood, pretzels 0.78 0.14 0518 Chicken, roasting, light meat, meat only, cooked, roasted 0.78 0.04 05327 Chicken breast tenders, breaded, uncooked 0.78 0.25 09244 Peaches, dehydrated (low-moisture), sulfured, uncooked 0.78 0.32	03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	0.79	0.05
11213 Endive, raw 0.79 0.10 11231 Jute, potherb, raw 0.79 0.26 11232 Jute, potherb, cooked, boiled, drained, without salt 0.79 0.26 11714 Lima beans, immature seeds, cooked, boiled, drained, with salt 0.79 0.30 11789 Jute, potherb, cooked, boiled, drained, with salt 0.79 0.26 15204 Fish, pike, walleye, cooked, dry heat 0.79 0.23 16424 Soy sauce made from soy and wheat (shoyu), low sodium 0.79 0.05 18027 Bread, egg 0.79 0.16 18178 Cookies, oatmeal, commercially prepared, regular 0.79 0.13 03215 Babyfood, pretzels 0.78 0.04 05118 Chicken, roasting, light meat, meat only, cooked, roasted 0.78 0.04 05327 Chicken breast tenders, breaded, uncooked 0.78 0.49 1031 Lima beans, immature seeds, raw 0.78 0.49 11031 Lima beans, immature seeds, raw 0.78 0.47 15044 Fish, ling, raw 0.78 0.07 15111 Fish, swordfish, cooke	03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	0.79	0.05
11231 Jute, potherb, raw 0.79 0.26 11232 Jute, potherb, cooked, boiled, drained, without salt 0.79 0.26 11714 Lima beans, immature seeds, cooked, boiled, drained, with salt 0.79 0.30 11789 Jute, potherb, cooked, boiled, drained, with salt 0.79 0.26 15204 Fish, pike, walleye, cooked, dry heat 0.79 0.23 16424 Soy sauce made from soy and wheat (shoyu), low sodium 0.79 0.05 1807 Bread, egg 0.79 0.16 18178 Cookies, oatmeal, commercially prepared, regular 0.79 0.13 03215 Babyfood, pretzels 0.78 0.14 05118 Chicken, roasting, light meat, meat only, cooked, roasted 0.78 0.04 05327 Chicken breast tenders, breaded, uncooked 0.78 0.29 09244 Peaches, dehydrated (low-moisture), sulfured, uncooked 0.78 0.49 11031 Lima beans, immature seeds, raw 0.78 0.49 11044 Fish, ling, raw 0.78 0.47 15044	11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	0.79	0.30
11232 Jute, potherb, cooked, boiled, drained, with salt 0.79 0.26 11714 Lima beans, immature seeds, cooked, boiled, drained, with salt 0.79 0.30 11789 Jute, potherb, cooked, boiled, drained, with salt 0.79 0.26 15204 Fish, pike, walleye, cooked, dry heat 0.79 0.23 16242 Soy sauce made from soy and wheat (shoyu), low sodium 0.79 0.05 18027 Bread, egg 0.79 0.13 18178 Cookies, oatmeal, commercially prepared, regular 0.79 0.13 03215 Babyfood, pretzels 0.78 0.04 05118 Chicken, roasting, light meat, meat only, cooked, roasted 0.78 0.04 05327 Chicken breast tenders, breaded, uncooked 0.78 0.02 09244 Peaches, dehydrated (low-moisture), sulfured, uncooked 0.78 0.49 11031 Lima beans, immature seeds, raw 0.78 0.32 11956 Tomatoes, sun-dried, packed in oil, drained 0.78 0.47 15044 Fish, ling, raw 0.78 0.11 15111 Fish, swordfish, cooked, dry heat 0.78 0.78	11213	Endive, raw	0.79	0.10
11714 Lima beans, immature seeds, cooked, boiled, drained, with salt 0.79 0.30 11789 Jute, potherb, cooked, boiled, drained, with salt 0.79 0.26 15204 Fish, pike, walleye, cooked, dry heat 0.79 0.23 16424 Soy sauce made from soy and wheat (shoyu), low sodium 0.79 0.05 18027 Bread, egg 0.79 0.13 18178 Cookies, oatmeal, commercially prepared, regular 0.79 0.13 03215 Babyfood, pretzels 0.78 0.04 05118 Chicken, roasting, light meat, meat only, cooked, roasted 0.78 0.04 05327 Chicken breast tenders, breaded, uncooked 0.78 0.20 09244 Peaches, dehydrated (low-moisture), sulfured, uncooked 0.78 0.49 11031 Lima beans, immature seeds, raw 0.78 0.32 11956 Tomatoes, sun-dried, packed in oil, drained 0.78 0.47 15044 Fish, ling, raw 0.78 0.11 15111 Fish, swordfish, cooked, dry heat 0.78 0.05	11231	Jute, potherb, raw	0.79	0.26
11789 Jute, potherb, cooked, boiled, drained, with salt 0.79 0.26 15204 Fish, pike, walleye, cooked, dry heat 0.79 0.23 16424 Soy sauce made from soy and wheat (shoyu), low sodium 0.79 0.05 18027 Bread, egg 0.79 0.16 18178 Cookies, oatmeal, commercially prepared, regular 0.79 0.13 03215 Babyfood, pretzels 0.78 0.14 05118 Chicken, roasting, light meat, meat only, cooked, roasted 0.78 0.04 05327 Chicken breast tenders, breaded, uncooked 0.78 0.20 09244 Peaches, dehydrated (low-moisture), sulfured, uncooked 0.78 0.49 11031 Lima beans, immature seeds, raw 0.78 0.32 11956 Tomatoes, sun-dried, packed in oil, drained 0.78 0.47 15044 Fish, ling, raw 0.78 0.11 15111 Fish, swordfish, cooked, dry heat 0.78 0.05	11232	Jute, potherb, cooked, boiled, drained, without salt	0.79	0.26
15204 Fish, pike, walleye, cooked, dry heat 0.79 0.23 16424 Soy sauce made from soy and wheat (shoyu), low sodium 0.79 0.05 18027 Bread, egg 0.79 0.16 18178 Cookies, oatmeal, commercially prepared, regular 0.79 0.13 03215 Babyfood, pretzels 0.78 0.14 05118 Chicken, roasting, light meat, meat only, cooked, roasted 0.78 0.04 05327 Chicken breast tenders, breaded, uncooked 0.78 0.20 09244 Peaches, dehydrated (low-moisture), sulfured, uncooked 0.78 0.49 11031 Lima beans, immature seeds, raw 0.78 0.32 11956 Tomatoes, sun-dried, packed in oil, drained 0.78 0.47 15044 Fish, ling, raw 0.78 0.11 15111 Fish, swordfish, cooked, dry heat 0.78 0.05	11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	0.79	0.30
16424 Soy sauce made from soy and wheat (shoyu), low sodium 0.79 0.05 18027 Bread, egg 0.79 0.16 18178 Cookies, oatmeal, commercially prepared, regular 0.79 0.13 03215 Babyfood, pretzels 0.78 0.14 05118 Chicken, roasting, light meat, meat only, cooked, roasted 0.78 0.04 05327 Chicken breast tenders, breaded, uncooked 0.78 0.20 09244 Peaches, dehydrated (low-moisture), sulfured, uncooked 0.78 0.49 11031 Lima beans, immature seeds, raw 0.78 0.32 11956 Tomatoes, sun-dried, packed in oil, drained 0.78 0.47 15044 Fish, ling, raw 0.78 0.11 15111 Fish, swordfish, cooked, dry heat 0.78 0.05	11789	Jute, potherb, cooked, boiled, drained, with salt	0.79	0.26
18027 Bread, egg 0.79 0.16 18178 Cookies, oatmeal, commercially prepared, regular 0.79 0.13 03215 Babyfood, pretzels 0.78 0.14 05118 Chicken, roasting, light meat, meat only, cooked, roasted 0.78 0.04 05327 Chicken breast tenders, breaded, uncooked 0.78 0.20 09244 Peaches, dehydrated (low-moisture), sulfured, uncooked 0.78 0.49 11031 Lima beans, immature seeds, raw 0.78 0.32 11956 Tomatoes, sun-dried, packed in oil, drained 0.78 0.47 15044 Fish, ling, raw 0.78 0.11 15111 Fish, swordfish, cooked, dry heat 0.78 0.05	15204	Fish, pike, walleye, cooked, dry heat	0.79	0.23
18178 Cookies, oatmeal, commercially prepared, regular 0.79 0.13 03215 Babyfood, pretzels 0.78 0.14 05118 Chicken, roasting, light meat, meat only, cooked, roasted 0.78 0.04 05327 Chicken breast tenders, breaded, uncooked 0.78 0.20 09244 Peaches, dehydrated (low-moisture), sulfured, uncooked 0.78 0.49 11031 Lima beans, immature seeds, raw 0.78 0.32 11956 Tomatoes, sun-dried, packed in oil, drained 0.78 0.47 15044 Fish, ling, raw 0.78 0.11 15111 Fish, swordfish, cooked, dry heat 0.78 0.05	16424	Soy sauce made from soy and wheat (shoyu), low sodium	0.79	0.05
03215 Babyfood, pretzels 0.78 0.14 05118 Chicken, roasting, light meat, meat only, cooked, roasted 0.78 0.04 05327 Chicken breast tenders, breaded, uncooked 0.78 0.20 09244 Peaches, dehydrated (low-moisture), sulfured, uncooked 0.78 0.49 11031 Lima beans, immature seeds, raw 0.78 0.32 11956 Tomatoes, sun-dried, packed in oil, drained 0.78 0.47 15044 Fish, ling, raw 0.78 0.11 15111 Fish, swordfish, cooked, dry heat 0.78 0.05	18027	Bread, egg	0.79	0.16
05118 Chicken, roasting, light meat, meat only, cooked, roasted 0.78 0.04 05327 Chicken breast tenders, breaded, uncooked 0.78 0.20 09244 Peaches, dehydrated (low-moisture), sulfured, uncooked 0.78 0.49 11031 Lima beans, immature seeds, raw 0.78 0.32 11956 Tomatoes, sun-dried, packed in oil, drained 0.78 0.47 15044 Fish, ling, raw 0.78 0.11 15111 Fish, swordfish, cooked, dry heat 0.78 0.05	18178	Cookies, oatmeal, commercially prepared, regular	0.79	0.13
05327 Chicken breast tenders, breaded, uncooked 0.78 0.20 09244 Peaches, dehydrated (low-moisture), sulfured, uncooked 0.78 0.49 11031 Lima beans, immature seeds, raw 0.78 0.32 11956 Tomatoes, sun-dried, packed in oil, drained 0.78 0.47 15044 Fish, ling, raw 0.78 0.11 15111 Fish, swordfish, cooked, dry heat 0.78 0.05	03215	Babyfood, pretzels	0.78	0.14
09244 Peaches, dehydrated (low-moisture), sulfured, uncooked 0.78 0.49 11031 Lima beans, immature seeds, raw 0.78 0.32 11956 Tomatoes, sun-dried, packed in oil, drained 0.78 0.47 15044 Fish, ling, raw 0.78 0.11 15111 Fish, swordfish, cooked, dry heat 0.78 0.05	05118	Chicken, roasting, light meat, meat only, cooked, roasted	0.78	0.04
11031 Lima beans, immature seeds, raw 0.78 0.32 11956 Tomatoes, sun-dried, packed in oil, drained 0.78 0.47 15044 Fish, ling, raw 0.78 0.11 15111 Fish, swordfish, cooked, dry heat 0.78 0.05	05327	Chicken breast tenders, breaded, uncooked	0.78	0.20
11956 Tomatoes, sun-dried, packed in oil, drained 0.78 0.47 15044 Fish, ling, raw 0.78 0.11 15111 Fish, swordfish, cooked, dry heat 0.78 0.05	09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	0.78	0.49
15044 Fish, ling, raw 0.78 0.11 15111 Fish, swordfish, cooked, dry heat 0.78 0.05	11031	Lima beans, immature seeds, raw	0.78	0.32
15111 Fish, swordfish, cooked, dry heat 0.05	11956	Tomatoes, sun-dried, packed in oil, drained	0.78	0.47
	15044	Fish, ling, raw	0.78	0.11
15134 Fish, wolffish, Atlantic, raw 0.78	15111	Fish, swordfish, cooked, dry heat	0.78	0.05
	15134	Fish, wolffish, Atlantic, raw	0.78	0.03

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
18048	Bread, raisin, enriched, toasted	0.78	0.22
18097	Cake, pudding-type, chocolate, dry mix	0.78	0.27
18168	Cookies, chocolate sandwich, with extra creme filling	0.78	0.34
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	0.78	0.16
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	0.78	0.40
27059	Sauce, peanut, made from peanut butter, water, soy sauce	0.78	0.12
28333	Cookies, gluten-free, chocolate wafer	0.78	0.26
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	0.78	0.26
36001	APPLEBEE'S, Double Crunch Shrimp	0.78	0.14
36401	Restaurant, Latino, chicken and rice, entree, prepared	0.78	0.08
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	0.77	0.20
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	0.77	0.17
20651	Rice, brown, parboiled, cooked, UNCLE BENS	0.77	0.13
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	0.77	0.06
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	0.77	0.06
28342	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	0.77	0.11
28354	ANDREA'S, Gluten Free Soft Dinner Roll	0.77	0.11
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	0.77	0.02
01153	Milk, canned, evaporated, with added vitamin A	0.77	0.02
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	0.77	0.02
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	0.77	0.02
05144	Duck, wild, meat and skin, raw	0.77	0.31
05326	Chicken breast tenders, breaded, cooked, microwaved	0.77	0.32
06004	Soup, bean with pork, canned, condensed	0.77	0.30
06426	Soup, chili beef, canned, prepared with equal volume water	0.77	0.15
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	0.77	0.03
11048	Beans, pinto, immature seeds, frozen, unprepared	0.77	0.10
11096	Broccoli raab, raw	0.77	0.04
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	0.77	0.03
11987	Mushrooms, oyster, raw	0.77	0.24
15007	Fish, butterfish, raw	0.77	0.05
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	0.77	0.11
15184	Fish, tuna, light, canned in water, without salt, drained solids	0.77	0.05
16039	Beans, navy, mature seeds, canned	0.77	0.21
18003	Bagels, egg	0.77	0.09
18268	French toast, frozen, ready-to-heat	0.77	0.08

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
03711	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	0.76	0.17
05356	Chicken, broiler, rotisserie, BBQ, skin	0.76	0.04
06958	Gravy, instant beef, dry	0.76	0.15
10102	Pork, fresh, variety meats and by-products, feet, raw	0.76	0.07
11458	Spinach, cooked, boiled, drained, without salt	0.76	0.17
11854	Spinach, cooked, boiled, drained, with salt	0.76	0.17
15006	Fish, burbot, raw	0.76	0.20
15084	Fish, salmon, pink, canned, total can contents	0.76	0.07
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	0.76	0.27
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	0.76	0.27
17270	Veal, breast, separable fat, cooked	0.76	0.04
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	0.76	0.32
20105	Macaroni, vegetable, enriched, dry	0.76	0.20
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	0.76	0.06
21306	Fast foods, griddle cake sandwich, sausage	0.76	0.08
21328	McDONALD'S, Sausage McGRIDDLES	0.76	0.08
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	0.76	0.04
21487	Fast foods, taco with chicken, lettuce and cheese, soft	0.76	0.06
19400	Snacks, banana chips	0.75	0.20
21120	Fast foods, hotdog, with corn flour coating (corndog)	0.75	0.14
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	0.75	0.07
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	0.75	0.07
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	0.75	0.14
32031	Salisbury steak with gravy, frozen	0.75	0.08
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	0.75	0.08
09289	Prunes, dehydrated (low-moisture), uncooked	0.75	0.61
10007	Pork, fresh, separable fat, cooked	0.75	0.09
11993	Mushrooms, maitake, raw	0.75	0.25
15107	Fish, sucker, white, raw	0.75	0.20
16145	Beans, kidney, red, mature seeds, canned, drained solids	0.75	0.27
18084	Bread stuffing, cornbread, dry mix	0.75	0.23
18188	Cookies, peanut butter, refrigerated dough, baked	0.75	0.17
18239	Croissants, butter	0.75	0.08
18256	Doughnuts, yeast-leavened, with jelly filling	0.75	0.14
18272	Ice cream cones, sugar, rolled-type	0.75	0.27
18292	Pancakes, plain, dry mix, incomplete, prepared	0.75	0.05

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	0.74	0.08
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	0.74	0.08
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	0.74	0.01
05145	Duck, wild, breast, meat only, raw	0.74	0.33
05673	Chicken, skin (drumsticks and thighs), cooked, braised	0.74	0.04
06028	Soup, clam chowder, manhattan, canned, condensed	0.74	0.10
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	0.74	0.17
11149	Chayote, fruit, raw	0.74	0.12
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	0.74	0.17
16171	Refried beans, canned, vegetarian	0.74	0.17
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	0.74	0.28
18069	Bread, white, commercially prepared (includes soft bread crumbs)	0.74	0.10
18166	Cookies, chocolate sandwich, with creme filling, regular	0.74	0.33
19087	Candies, white chocolate	0.74	0.06
19437	Snacks, potato chips, fat free, salted	0.74	0.17
20133	Rice noodles, dry	0.74	0.08
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	0.74	0.16
36055	Restaurant, Italian, cheese ravioli with marinara sauce	0.74	0.09
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	0.74	0.16
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	0.74	0.13
36619	Restaurant, Chinese, kung pao chicken	0.74	0.07
43261	Yogurt, fruit variety, nonfat	0.74	0.01
18350	Rolls, hamburger or hotdog, plain	0.73	0.11
18400	Crackers, matzo, egg and onion	0.73	0.08
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	0.73	0.12
19088	Ice creams, vanilla, light	0.73	0.02
21002	Fast foods, biscuit, with egg	0.73	0.04
21129	Fast foods, hush puppies	0.73	0.14
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	0.73	0.24
28309	Cookies, coconut macaroon	0.73	0.27
32012	Pizza rolls, frozen, unprepared	0.73	0.13
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	0.73	0.08
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	0.73	0.14
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	0.73	0.06
07936	Bologna, pork and turkey, lite	0.73	0.08
14181	Beverages, chocolate syrup	0.73	0.51

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
16005	Beans, baked, home prepared	0.73	0.16
18218	Crackers, matzo, egg	0.73	0.16
18237	Cream puff shell, prepared from recipe	0.73	0.05
03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	0.72	0.06
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	0.72	0.07
08090	Cereals, corn grits, white, regular and quick, enriched, dry	0.72	0.03
11264	Mushrooms, canned, drained solids	0.72	0.24
11306	Peas, green, canned, regular pack, solids and liquids	0.72	0.10
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	0.72	0.01
15068	Fish, pompano, florida, raw	0.72	0.04
15200	Fish, mackerel, king, cooked, dry heat	0.72	0.03
18047	Bread, raisin, enriched	0.72	0.20
18151	Cookies, brownies, commercially prepared	0.72	0.22
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	0.72	0.32
18244	Danish pastry, cinnamon, enriched	0.72	0.10
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	0.72	0.13
18371	Leavening agents, baking powder, low-sodium	0.72	0.02
18414	Bread, raisin, unenriched	0.72	0.20
18430	Danish pastry, cinnamon, unenriched	0.72	0.10
19111	Candies, NESTLE, BABY RUTH Bar	0.72	0.22
21143	CHICK-FIL-A, Chick-n-Strips	0.72	0.06
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	0.72	0.07
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	0.72	0.07
35196	Lambsquarters, raw (Northern Plains Indians)	0.72	0.12
36602	Restaurant, Chinese, fried rice, without meat	0.72	0.10
18368	Wonton wrappers (includes egg roll wrappers)	0.71	0.15
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	0.71	0.27
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	0.71	0.06
19408	Snacks, pork skins, barbecue-flavor	0.71	0.35
20037	Rice, brown, long-grain, cooked	0.71	0.11
21009	Fast foods, biscuit, with sausage	0.71	0.26
21401	Fast foods, chicken tenders	0.71	0.07
21611	School Lunch, chicken nuggets, whole grain breaded	0.71	0.07
22918	Burrito, bean and cheese, frozen	0.71	0.13
32006	Taquitos, frozen, chicken and cheese, oven-heated	0.71	0.10
36005	APPLEBEE'S, chicken tenders, from kids' menu	0.71	0.07

5025 APPI JULYS, chicken terdene planer 0.71 0.107 5027 DINNYN, Chicken terdene 0.27 0.107 5040 Realantan, Latino, Armoz on Individuales coloradin (Rice Ard Red Heans) 0.71 0.101 05001 Baby Josal, Evening, GIRBHE (RADIA/TE) PRUT SPI ASHEDS 0.71 0.01 1117 Chy sandhamma, garland, av 0.71 0.14 11282 Moshooma, Chankeelle, saw 0.71 0.08 11083 Chrysathcamma leaver, raw 0.71 0.08 11094 Nits, cocont meat, dried (desiscend), sweetered, flaced, peckaged 0.71 0.03 12109 Nits, cocont meat, dried (desiscend), sweetered, flaced, peckaged 0.71 0.03 13183 Cockles, summed, crifferand dough, basided 0.70 0.10 10244 Bubyfood, dimen, beef leagup, studler 0.70 0.10 10345 Bubyfood, dimen, beef leagup, studler 0.70 0.02 10440 Bubyfood, dimen, beef leagup, studler 0.70 0.02 10541 Bubyfood, dimen, beef leagup, studler 0.70 0.02	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
95-816 Restaurant, Latinn, Arror con bathchuelus cultoralus (Ricer And Red Hours) 0.71 0.14 03301 Babyfood, beverage, GERBER (RADUATE FRUIT SPLASHERS) 0.71 0.01 11157 Chysambremus parland, mw 0.71 0.35 11088 Chysambremus leaves, row 0.71 0.04 111813 Peac, gene, cancular, on son all added, drained solids 0.71 0.02 12199 Nins, occomm med, dried (desicured), sweetened, flaked, packaged 0.71 0.02 18183 Cookies, outmeal, refrigerated dough, baked 0.71 0.12 03043 Babyfood, dimer, expetables, and turkey, strained 0.70 0.10 03044 Babyfood, dimer, expetables, and turkey, strained 0.70 0.02 05286 Turkey and gray, frozen 0.70 0.02 05286 Turkey and gray, frozen 0.70 0.02 05271 Sourp, claim, chowder, mathattan style, crained, churky, reidy-to-serve 0.70 0.02 05121 Gray, malaron, canced 0.70 0.10 05224 Gray, malaron, canced 0.70 0.10	36023	APPLEBEE'S, chicken tenders platter	0.71	0.07
Babytood, beverage, GERBER GRADUATE PRUIT SPLASHERS 0.71	36027	DENNY'S, chicken strips	0.71	0.07
11157 Chrysanthemum, garland, raw 0.71 0.14 11239 Mushiroons, Chartecelle, raw 0.71 0.35 1108 Chrysanthemum Leves, raw 0.71 0.04 11813 Peas, green, canaed, no sait added, drained solids 0.71 0.08 12109 Nats, concount meat, dried (desicented), sweetened, flaked, packaged 0.71 0.30 08188 Concils, contranal, refigerated dough, baded 0.71 0.12 08188 Concils, contranal, refigerated dough, baded 0.70 0.10 08044 Bally food, dimer, beef lasagou, oddler 0.70 0.01 08056 Bally food, dimer, yeagables and darkey, strained 0.70 0.02 08061 Soup, carean of asparagus, camed, conderned 0.70 0.02 08061 Soup, carean for asparagus, camed, conderned 0.70 0.01 08021 Gravy, mushroom, camed 0.70 0.01 0729 OSCAR MAYER, Chicken Breust (bouey glazed) 0.70 0.07 07210 Gravy, mushroom, camed 0.70 0.03 11218	36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	0.71	0.14
10.29 Mashnoms, Chanterelle, raw 0.71 0.35 1.098 Chrysanthenum leaves, raw 0.71 0.14 1.018	03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	0.71	0.01
1668	11157	Chrysanthemum, garland, raw	0.71	0.14
1813 Peas, green, canned, no salt added, drained solids 0.71 0.08 12109 Nuss, corount tireat, dried (desiccated), sweetened, flaked, packaged 0.71 0.30 18183 Cookies, contineal, refrigerated dough, baked 0.77 0.12 03034 Babyfood, dimner, beef lasagna, toddler 0.70 0.02 05286 Turkey and gravy, frozen 0.70 0.02 05286 Turkey and gravy, frozen 0.70 0.02 06001 Soup, cream of asparages, canned, condersed 0.70 0.10 06027 Soup, chan chowder, manhattan style, canned, chunky, ready-to-serve 0.70 0.10 06121 Gravy, am jus, dry 0.70 0.10 07209 OSCAR MAYER, Chicken Breast (honey glazed) 0.70 0.01 07209 OSCAR MAYER, Chicken Breast (honey glazed) 0.70 0.05 11180 Corn, sweet, yellow, frozen, kernels on cob, unprepared 0.70 0.05 11219 Gount, white-flowered (calabash), row 0.70 0.03 11378 Polatop pancakes 0.70 0.01 <	11239	Mushrooms, Chanterelle, raw	0.71	0.35
12109 Nuts, coconut meat, dried (desiccated), sweetened, Itaked, packaged 0.71 0.30 18183 Cookies, nameal, refrigerated dough, baked 0.70 0.12 03043 Babyfood, dimner, begelables and turkey, strained 0.70 0.00 05286 Turkey and gravy, frozen 0.70 0.02 06001 Soup, cream of asparagus, camed, condensed 0.70 0.10 06027 Song, cham chower, mainhattan style, canned, churky, ready-to-serve 0.70 0.10 06121 Gravy, an jus, dry 0.70 0.10 07209 OSCAR MAYER, Chicken Breaxt (honey glazed) 0.70 0.17 1180 Corn, sweat, yellow, frozen, kernels on cob, unperpared 0.70 0.05 11218 Gourd, white-flowered (calabash), cooked, bick, drained, without salt 0.70 0.03 11219 Grav, week, white, flowered (calabash), cooked, bick, drained, with salt 0.70 0.03 <td>11698</td> <td>Chrysanthemum leaves, raw</td> <td>0.71</td> <td>0.14</td>	11698	Chrysanthemum leaves, raw	0.71	0.14
Season S	11813	Peas, green, canned, no salt added, drained solids	0.71	0.08
03043 Babyfood, dinner, beef lasagna, toddler 0,70 0,10 03084 Babyfood, dinner, vegetables and turkey, strained 0,70 0,09 05286 Turkey and gravy, frozen 0,70 0,02 06001 Soup, cream of asparague, canned, condensed 0,70 0,10 06027 Soup, claim chowder, manhattan style, canned, chunky, ready-to-serve 0,70 0,10 06115 Gravy, an jus, dry 0,70 0,12 06121 Gravy, mushroom, canned 0,70 0,10 07209 OSCAR MAYER, Chicken Breast (honey glazed) 0,70 0,17 11180 Corn, sweet, yellow, frozen, kernels on cob, unprepared 0,70 0,05 11218 Gourd, white-flowered (calabash), row 0,70 0,03 11378 Potatos, masked, dehydrated, flakes without milk, dry form 0,70 0,03 11672 Potato pancakes 0,70 0,18 11784 Gourd, white-flowered (calabash), cooked, boiled, drained, with salt 0,70 0,03 11812 Peas, green, canned, on salt added, solids and liquids 0,70 0,03 <	12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	0.71	0.30
03084 Babyfood, dinner, vegetables and turkey, strained 0.70 0.09 05286 Turkey and gravy, frozen 0.70 0.02 06001 Soup, cram of asparagus, canned, condensed 0.70 0.10 06027 Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve 0.70 0.10 06115 Gravy, an jus, dry 0.70 0.10 06121 Gravy, mushroom, canned 0.70 0.10 07209 OSCAR MAYER, Chicken Breast thoney glazed 0.70 0.05 11180 Corn, sweet, yellow, frozen, kernels on cob, unprepared 0.70 0.05 11218 Gourd, white-flowered (calabash), row 0.70 0.03 11219 Gourd, white-flowered (calabash), cooked, boiled, drained, without salt 0.70 0.03 11378 Potatoses, mashed, dehydrated, flakes without milk, dry form 0.70 0.16 11672 Potato pancakes 0.70 0.13 11812 Peas, green, canned, no salt added, solids and liquids 0.70 0.03 11821 Peas, green, canned, no salt added, solids and liquids 0.70 <t< td=""><td>18183</td><td>Cookies, oatmeal, refrigerated dough, baked</td><td>0.71</td><td>0.12</td></t<>	18183	Cookies, oatmeal, refrigerated dough, baked	0.71	0.12
05286 Turkey and gravy, frozen 0.70 0.02 06001 Sonp, cram of asparagus, canned, condensed 0.70 0.10 06027 Sonp, clam chowder, manhattan style, canned, chunky, ready-to-serve 0.70 0.10 06115 Gravy, an jus, dry 0.70 0.12 06121 Gravy, mushroom, canned 0.70 0.10 07209 OSCAR MAYER, Chicken Breast (honey glazed) 0.70 0.05 11180 Corn, sweet, yellow, frozen, kernels on cob, unprepared 0.70 0.03 11218 Gourd, white-flowered (calabash), row 0.70 0.03 11219 Gourd, white-flowered (calabash), cooked, boiled, drained, without salt 0.70 0.03 11378 Potatoes, mashed, dehydrated, flakes without milk, dry form 0.70 0.18 11672 Potato pancakes 0.70 0.18 11812 Peas, green, canned, no salt added, solids and liquids 0.70 0.03 11812 Peas, green, canned, no salt added, solids and liquids 0.70 0.05 14059 Beverages, Fill_LOGGS, SPECIAL & Protein Shake 0.70 0	03043	Babyfood, dinner, beef lasagna, toddler	0.70	0.10
06001 Soup, cream of asparagus, canned, condensed 0.70 0.10 06027 Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve 0.70 0.10 06115 Gravy, an jus, dry 0.70 0.12 06121 Gravy, mushroom, canned 0.70 0.12 06120 OSCAR MAYER, Chicken Breast (honey glazed) 0.70 0.05 11180 Corn, sweet, yellow, frozen, kernels on cob, unprepared 0.70 0.05 11218 Gourd, white-flowered (calabash), cooked, boiled, drained, without salt 0.70 0.03 11279 Cotato, sweet, yellow, frozen, kernels on cob, unprepared 0.70 0.03 11672 Potato pancakes 0.70 0.01 11784 Gourd, white-flowered (calabash), cooked, boiled, drained, without milk, dry form 0.70 0.03 11812 Potato pancakes 0.70 0.03 11842 Gourd, white-flowered (calabash), cooked, boiled, drained, with salt 0.70 0.03 11812 Peas, green, canned, cost added, solids and liquids 0.70 0.03 11812 Peas, green, canned, cost added, solids an	03084	Babyfood, dinner, vegetables and turkey, strained	0.70	0.09
06027 Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve 0.70 0.10 06115 Gravy, au jus, dry 0.70 0.12 06121 Gravy, mushroom, canned 0.70 0.10 07209 OSCAR MAYER, Chicken Breast (honey glazed) 0.70 0.05 11180 Corn, sweet, yellow, frozen, kernels on cob, unprepared 0.70 0.03 11218 Gourd, white-flowered (calabash), raw 0.70 0.03 11219 Gourd, white-flowered (calabash), cooked, boiled, drained, without salt 0.70 0.03 11378 Potatop acades 0.70 0.18 11672 Potato pancakes 0.70 0.18 11784 Gourd, white-flowered (calabash), cooked, boiled, drained, with salt 0.70 0.03 11812 Peas, green, canned, no salt added, solids and liquids 0.70 0.01 11913 Corn, sweet, white, frozen, kernels on cob, unprepared 0.70 0.05 14059 Beverages, KulL Logges, Futu punch juice drink, frozen concentrate 0.70 0.07 16064 Cowpeas, common (blackeyes, crowder, southern), mature seeds, ca	05286	Turkey and gravy, frozen	0.70	0.02
06115 Gravy, au jus, dry 0.70 0.12 06121 Gravy, mushroom, canned 0.70 0.10 07209 OSCAR MAYER, Chicken Breast (honey glazed) 0.70 0.17 11180 Corn, sweet, yellow, frozen, kernels on cob, unprepared 0.70 0.03 11218 Gourd, white-flowered (calabash), cooked, boiled, drained, without salt 0.70 0.03 11219 Gourd, white-flowered (calabash), cooked, boiled, drained, without salt 0.70 0.03 11378 Potatos, mashed, dehydrated, flakes without milk, dry form 0.70 0.16 11672 Potato pancakes 0.70 0.18 11784 Gourd, white-flowered (calabash), cooked, boiled, drained, with salt 0.70 0.03 11812 Peas, green, canned, no salt added, solids and liquids 0.70 0.03 11812 Peas, green, canned, no salt added, solids and liquids 0.70 0.05 14059 Beverages, KEILOGGS, SPECIAL K Protein Shake 0.70 0.05 14059 Beverages, KEILOGGS, SPECIAL K Protein Shake 0.70 0.07 16041 Frijoles rojos volteados (Refri	06001	Soup, cream of asparagus, canned, condensed	0.70	0.10
06121 Gravy, mushroom, canned 0.70 0.10 07209 OSCAR MAYER, Chicken Breast (honey glazed) 0.70 0.17 11180 Corn, sweet, yellow, frozen, kernels on cob, unprepared 0.70 0.05 11218 Gourd, white-flowered (calabash), raw 0.70 0.03 11219 Gourd, white-flowered (calabash), cooked, boiled, drained, without salt 0.70 0.03 11378 Potatoes, mashed, dehydrated, flakes without milk, dry form 0.70 0.16 11672 Potato pancakes 0.70 0.18 11784 Gourd, white-flowered (calabash), cooked, boiled, drained, with salt 0.70 0.03 11812 Peas, green, canned, no salt added, solids and liquids 0.70 0.01 11913 Corn, sweet, white, frozen, kernels on cob, unprepared 0.70 0.05 14059 Beverages, KELLOGG'S, SPECIAL K Protein Shake 0.70 0.00 14405 Beverages, fruit punch juice drink, frozen concentrate 0.70 0.07 1604 Cowpas, common (blackeyes, crowder, southern), mature seeds, canned, plain 0.70 0.72 16513 <t< td=""><td>06027</td><td>Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve</td><td>0.70</td><td>0.10</td></t<>	06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	0.70	0.10
07209 OSCAR MAYER, Chicken Breast (honey glazed) 0.70 0.17 11180 Corn, sweet, yellow, frozen, kernels on cob, unprepared 0.70 0.05 11218 Gourd, white-flowered (calabash), raw 0.70 0.03 11219 Gourd, white-flowered (calabash), cooked, boiled, drained, without salt 0.70 0.03 11378 Potatoes, mashed, dehydrated, flakes without milk, dry form 0.70 0.16 11672 Potato pancakes 0.70 0.18 11784 Gourd, white-flowered (calabash), cooked, boiled, drained, with salt 0.70 0.03 11812 Peas, green, canned, no salt added, solids and liquids 0.70 0.01 11812 Peas, green, canned, no salt added, solids and liquids 0.70 0.05 14059 Beverages, KELLOGG'S, SPECIAL K Protein Shake 0.70 0.00 14405 Beverages, fruit punch juice drink, frozen concentrate 0.70 0.07 1604 Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain 0.70 0.72 1673 Frijoles rojos volteados (Refried beans, red, canned) 0.70 0.70 -	06115	Gravy, au jus, dry	0.70	0.12
11180 Corn, sweet, yellow, frozen, kernels on cob, unprepared 0.70 0.05 11218 Gourd, white-flowered (calabash), raw 0.70 0.03 11219 Gourd, white-flowered (calabash), cooked, boiled, drained, without salt 0.70 0.03 11378 Potatoes, mashed, dehydrated, flakes without milk, dry form 0.70 0.16 11672 Potato pancakes 0.70 0.18 11784 Gourd, white-flowered (calabash), cooked, boiled, drained, with salt 0.70 0.03 11812 Peas, green, canned, no salt added, solids and liquids 0.70 0.01 11913 Corn, sweet, white, frozen, kernels on cob, unprepared 0.70 0.05 14059 Beverages, KELLOGGS, SPECIAL K Protein Shake 0.70 0.00 14059 Beverages, fruit punch juice drink, frozen concentrate 0.70 0.07 16064 Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain 0.70 0.12 16173 Frijoles rojos volteados (Refried beans, red, canned, unprepared 0.70 0.70 16512 WORTHINGTON Diced Chik, canned, unprepared 0.70 - 16513 WORTHINGTON Frichik Original, canned, unprepared	06121	Gravy, mushroom, canned	0.70	0.10
11218 Gourd, white-flowered (calabash), raw 0.70 0.03 11219 Gourd, white-flowered (calabash), cooked, boiled, drained, without salt 0.70 0.03 11378 Potatoes, mashed, dehydrated, flakes without milk, dry form 0.70 0.16 11672 Potato pancakes 0.70 0.18 11784 Gourd, white-flowered (calabash), cooked, boiled, drained, with salt 0.70 0.03 11812 Peas, green, canned, no salt added, solids and liquids 0.70 0.11 11913 Corn, sweet, white, frozen, kernels on cob, unprepared 0.70 0.05 14059 Beverages, KELLOGG'S, SPECIAL K Protein Shake 0.70 0.05 14059 Beverages, fruit punch juice drink, frozen concentrate 0.70 0.07 16064 Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain 0.70 0.12 16173 Frijoles rojos volteados (Refried beans, red, canned) 0.70 0.22 16505 LOMA LINDA Swiss Stake with Gravy, canned, unprepared 0.70 0.70 16512 WORTHINGTON Diced Chik, canned, unprepared 0.70 0.70 16513 WORTHINGTON FriChik Original, canned, unprepared 0.70 0.70 16526 WORTHINGTON Meatless Chicken Roll, frozen, unprepared 0.70 0.70 16551 MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared 0.70 0.70 16555 MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared 0.70 0.70 16555 MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared 0.70 0.70 16555 MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared 0.70 0.70 16555 MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared 0.70 0.70 16556 MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared 0.70 0.70 16556 MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared 0.70 0.70 16556 MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared 0.70 0.70 16556 MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared 0.70 0.70 16557 MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared 0.70 0.70 16557	07209	OSCAR MAYER, Chicken Breast (honey glazed)	0.70	0.17
11219 Gourd, white-flowered (calabash), cooked, boiled, drained, without salt 0.70 0.03 11378 Potatoes, mashed, dehydrated, flakes without milk, dry form 0.70 0.16 11672 Potato pancakes 0.70 0.18 11784 Gourd, white-flowered (calabash), cooked, boiled, drained, with salt 0.70 0.03 11812 Peas, green, canned, no salt added, solids and liquids 0.70 0.11 11913 Corn, sweet, white, frozen, kernels on cob, unprepared 0.70 0.05 14059 Beverages, KELLOGG'S, SPECIAL K Protein Shake 0.70 0.00 1405 Beverages, fruit punch juice drink, frozen concentrate 0.70 0.07 16064 Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain 0.70 0.12 16173 Frijoles rojos volteados (Refried beans, red, canned) 0.70 0.22 16505 LOMA LINDA Swiss Stake with Gravy, canned, unprepared 0.70 16512 WORTHINGTON Diced Chik, canned, unprepared 0.70 16513 WORTHINGTON Frichik Original, canned, unprepared 0.70	11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	0.70	0.05
11378 Potatoes, mashed, dehydrated, flakes without milk, dry form 0.70 0.16 11672 Potato pancakes 0.70 0.18 11784 Gourd, white-flowered (calabash), cooked, boiled, drained, with salt 0.70 0.03 11812 Peas, green, canned, no salt added, solids and liquids 0.70 0.11 11913 Corn, sweet, white, frozen, kernels on cob, unprepared 0.70 0.05 14059 Beverages, KELLOGG'S, SPECIAL K Protein Shake 0.70 0.00 14405 Beverages, fruit punch juice drink, frozen concentrate 0.70 0.07 16064 Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain 0.70 0.12 16173 Frijoles rojos volteados (Refried beans, red, canned) 0.70 0.22 16505 LOMA LINDA Swiss Stake with Gravy, canned, unprepared 0.70 16512 WORTHINGTON Diced Chik, canned, unprepared 0.70 16526 WORTHINGTON Meatless Chicken Roll, frozen, unprepared 0.70 16551 MORNINGSTAR FARMS Asian Veggie Pattles, frozen, unprepared 0.70	11218	Gourd, white-flowered (calabash), raw	0.70	0.03
11672 Potato pancakes 0.70 0.18 11784 Gourd, white-flowered (calabash), cooked, boiled, drained, with salt 0.70 0.03 11812 Peas, green, canned, no salt added, solids and liquids 0.70 0.11 11913 Corn, sweet, white, frozen, kernels on cob, unprepared 0.70 0.05 14059 Beverages, KELLOGG'S, SPECIAL K Protein Shake 0.70 0.00 14405 Beverages, fruit punch juice drink, frozen concentrate 0.70 0.07 16064 Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain 0.70 0.72 16173 Frijoles rojos volteados (Refried beans, red, canned) 0.70 0.72 16505 LOMA LINDA Swiss Stake with Gravy, canned, unprepared 0.70 16512 WORTHINGTON Diced Chik, canned, unprepared 0.70 16526 WORTHINGTON FriChik Original, canned, unprepared 0.70 16551 MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared 0.70 16551 MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared 0.70	11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	0.70	0.03
11784 Gourd, white-flowered (calabash), cooked, boiled, drained, with salt 0.70 0.03 11812 Peas, green, canned, no salt added, solids and liquids 0.70 0.11 11913 Corn, sweet, white, frozen, kernels on cob, unprepared 0.70 0.05 14059 Beverages, KELLOGG'S, SPECIAL K Protein Shake 0.70 0.00 14405 Beverages, fruit punch juice drink, frozen concentrate 0.70 0.07 16064 Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain 0.70 0.12 16173 Frijoles rojos volteados (Refried beans, red, canned) 0.70 0.22 16505 LOMA LINDA Swiss Stake with Gravy, canned, unprepared 0.70 16512 WORTHINGTON Diced Chik, canned, unprepared 0.70 16513 WORTHINGTON FriChik Original, canned, unprepared 0.70 16526 WORTHINGTON Meatless Chicken Roll, frozen, unprepared 0.70 16551 MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared 0.70 16551 MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared 0.70	11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	0.70	0.16
Peas, green, canned, no salt added, solids and liquids Corn, sweet, white, frozen, kernels on cob, unprepared O.70 O.05 LOMA LINDA Swiss Stake with Gravy, canned, unprepared O.70 Cover WORTHINGTON Diced Chik, canned, unprepared O.70	11672	Potato pancakes	0.70	0.18
Corn, sweet, white, frozen, kernels on cob, unprepared 0.70 0.05 14059 Beverages, KELLOGG'S, SPECIAL K Protein Shake 0.70 0.00 14405 Beverages, fruit punch juice drink, frozen concentrate 0.70 0.07 16064 Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain 0.70 0.12 16173 Frijoles rojos volteados (Refried beans, red, canned) 0.70 0.22 16505 LOMA LINDA Swiss Stake with Gravy, canned, unprepared 0.70 16512 WORTHINGTON Diced Chik, canned, unprepared 0.70 16513 WORTHINGTON FriChik Original, canned, unprepared 0.70 16526 WORTHINGTON Meatless Chicken Roll, frozen, unprepared 0.70 16551 MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared 0.70	11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	0.70	0.03
Beverages, KELLOGG'S, SPECIAL K Protein Shake 0.70 0.00 14405 Beverages, fruit punch juice drink, frozen concentrate 0.70 0.07 16064 Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain 0.70 0.12 16173 Frijoles rojos volteados (Refried beans, red, canned) 0.70 0.22 16505 LOMA LINDA Swiss Stake with Gravy, canned, unprepared 0.70 16512 WORTHINGTON Diced Chik, canned, unprepared 0.70 16513 WORTHINGTON FriChik Original, canned, unprepared 0.70 16526 WORTHINGTON Meatless Chicken Roll, frozen, unprepared 0.70 16551 MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared 0.70 16551 MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	11812	Peas, green, canned, no salt added, solids and liquids	0.70	0.11
Beverages, fruit punch juice drink, frozen concentrate Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain 6.70 6.12 6.173 Frijoles rojos volteados (Refried beans, red, canned) COMA LINDA Swiss Stake with Gravy, canned, unprepared COMA LINDA Swiss Stake with Gravy, canned, unprepared COMORTHINGTON Diced Chik, canned, unprepared COMORTHINGTON FriChik Original, canned, unprepared COMORTHINGTON Meatless Chicken Roll, frozen, unprepared COMORTHINGTON Meatless Chicken Roll, frozen, unprepared COMORTHINGTON Meatless Chicken Roll, frozen, unprepared COMORTHINGTON Frichik Original, canned, unprepared COMORTHINGTON Meatless Chicken Roll, frozen, unprepared COMORTHINGTON FARMS Asian Veggie Patties, frozen, unprepared COMORTHINGTON FARMS Asian Veggie Patties, frozen, unprepared	11913	Corn, sweet, white, frozen, kernels on cob, unprepared	0.70	0.05
Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain 6.70 6.12 6.13 Frijoles rojos volteados (Refried beans, red, canned) 6.70 6.22 6.505 LOMA LINDA Swiss Stake with Gravy, canned, unprepared 6.70 6.512 WORTHINGTON Diced Chik, canned, unprepared 6.70 6.513 WORTHINGTON FriChik Original, canned, unprepared 6.70 6.526 WORTHINGTON Meatless Chicken Roll, frozen, unprepared 6.70 6.551 MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared 6.70 6	14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	0.70	0.00
Frijoles rojos volteados (Refried beans, red, canned) LOMA LINDA Swiss Stake with Gravy, canned, unprepared 0.70 WORTHINGTON Diced Chik, canned, unprepared 0.70 WORTHINGTON FriChik Original, canned, unprepared 0.70 WORTHINGTON Meatless Chicken Roll, frozen, unprepared 0.70 MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared 0.70 MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared 0.70 16552 MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	14405	Beverages, fruit punch juice drink, frozen concentrate	0.70	0.07
16505 LOMA LINDA Swiss Stake with Gravy, canned, unprepared 0.70 16512 WORTHINGTON Diced Chik, canned, unprepared 0.70 16513 WORTHINGTON FriChik Original, canned, unprepared 0.70 16526 WORTHINGTON Meatless Chicken Roll, frozen, unprepared 0.70 16551 MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared 0.70	16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	0.70	0.12
WORTHINGTON Diced Chik, canned, unprepared 16513 WORTHINGTON FriChik Original, canned, unprepared 16526 WORTHINGTON Meatless Chicken Roll, frozen, unprepared 16521 MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared 16552 WORTHINGTON Meatless Chicken Roll, frozen, unprepared 16553 MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared 16553 MORNINGSTAR FARMS Medical Part of the Part	16173	Frijoles rojos volteados (Refried beans, red, canned)	0.70	0.22
WORTHINGTON FriChik Original, canned, unprepared 0.70 16526 WORTHINGTON Meatless Chicken Roll, frozen, unprepared 0.70 16551 MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared 0.70	16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	0.70	
WORTHINGTON Meatless Chicken Roll, frozen, unprepared O.70 MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared O.70	16512	WORTHINGTON Diced Chik, canned, unprepared	0.70	
16551 MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared 0.70	16513	WORTHINGTON FriChik Original, canned, unprepared	0.70	
16552 MODNINGSTAD FARMS M. J. J. D. C.	16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	0.70	
MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared 0.70	16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	0.70	
	16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	0.70	

15-50 MORNINISTAR IARWIS Crain Dag, Bruzen, unprepared 1.71 1651 MORNINISTAR IARWIS Crain Dag, Mini, Broen, unprepared 1.71 1672 CARDENBURG GRIS Black Brain Chipped Bruger, Brown, unprepared 0.70 0.01 1823 Cinckers, yes, sandowski yep with clease Billing 0.70 0.01 1824 Danily pasty, chesse 0.70 0.01 1828 Ballish marlins, plain, prepared from cepe, made with low fat (2%) milk 0.70 0.13 1849 Baglish marlins, plain, unerriched, without calcium propionate (includes sourdough) 0.70 0.13 1849 Baglish marlins, plain, unerriched, without calcium propionate (includes sourdough) 0.70 0.13 1849 Baglish marlins, plain, unerriched, without calcium propionate (includes sourdough) 0.70 0.13 1849 Baglish marlins, plain, unerriched, without calcium propionate (includes sourdough) 0.70 0.13 1849 Baglish marlins, plain, unerriched, without calcium fortified 0.70 0.13 1849 Baglish marlins, plain, unerriched, without calcium fortified 0.70 0.01 1840 Wheat floor, white, all-purpose, ear-iched, disclaim	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
	16560	MORNINGSTAR FARMS Corn Dog, frozen, unprepared	0.70	
1825 Crackers, tye, sandwich-type with cheese filling	16561	MORNINGSTAR FARMS Corn Dog Mini, frozen, unprepared	0.70	
1825 Danish pastry, cheese 0.70 0.09 18396 Rolls, finner, plain, prepared from recipe, made with low fat (2%) milk 0.70 0.13 18437 Lengtsh muffils, plain, unenriched, without calcium propionate (includes sourdough) 0.70 0.13 18438 English muffils, plain, unenriched, without calcium propionate (includes sourdough) 0.70 0.13 18439 English muffils, plain, unenriched, without calcium propionate (includes sourdough) 0.70 0.13 19045 Sancks, potatou chigh, made from driched pounces reduced fat 0.70 0.01 19041 Syrup, maple, Canadian 0.70 0.01 19081 Wheat flour, white, all-purpose, enriched, bleached 0.70 0.04 20881 Wheat flour, white, all-purpose, enriched, calcium fortified 0.70 0.14 20881 Wheat flour, white, all-purpose, enriched, calcium fortified 0.70 0.14 20881 Wheat flour, white, all-purpose, enriched, calcium fortified 0.70 0.04 20881 Wheat flour, white, all-purpose, enriched, calcium fortified 0.70 0.04 20881 Wheat flour, white, all-purpose, enrich	16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	0.70	
18396 Rolls, dimer, plain, prepared from recipe, made with low fat (2%) milk 0.70 0.13 18437 Faglish muffins, plain, curriched, without calcium propionate (includes sourdough) 0.70 0.13 18438 Laglish muffins, plain, uneartiched, without calcium propionate (includes sourdough) 0.70 0.13 18439 Eaglish muffins, plain, uneartiched, without calcium propionate (includes sourdough) 0.70 0.013 19045 Snacks, potato chips, made from dried postores, reduced fat 0.70 0.015 19079 Candias, coarfectioner's coating, soppus 0.70 0.01 20081 Whear flour, wine, all-purpose, enriched, sclacium fortified 0.70 0.14 20381 Whear flour, wine, all-purpose, enriched, alcium fortified 0.70 0.14 20481 Whear flour, white, all-purpose, enriched, alcium fortified 0.70 0.14 20581 Whear flour, white, all-purpose, enriched, alcium fortified 0.70 0.14 20581 Whear flour, white, all-purpose, enriched, alcium fortified 0.70 0.14 20581 Whear flour, white, all-purpose, enriched, alcium fortified 0.70 0.70	18225	Crackers, rye, sandwich-type with cheese filling	0.70	0.10
18437 English muffins, plain, uenriched, with calcium propionate (includes sourdough) 0.70 0.13 18438 English muffins, plain, uenriched, with calcium propionate (includes sourdough) 0.70 0.13 18439 Lepish muffins, plain, uenriched, with calcium propionate (includes sourdough) 0.70 0.15 19645 Stacks, potato chips, made from dried potatoes, reduced fat 0.70 0.15 19079 Candies, confectione's conting, yopur 0.70 0.01 20081 Wheat flour, white, all-purpose, enriched, bleached 0.70 0.14 20381 Wheat flour, white, all-purpose, enriched, bleached 0.70 0.14 20481 Wheat flour, white, all-purpose, enriched, all conference 0.70 0.14 20581 Wheat flour, white, all-purpose, enriched, unbleached 0.70 0.14 20581 Wheat flour, white, all-purpose, enriched, unbleached 0.70 0.14 20581 Wheat flour, white, all-purpose, enriched, unbleached 0.70 0.70 2081 Wheat flour, white, all-purpose, enriched, unbleached 0.70 0.70 2081 Wheat flour, white, all-purpose, enriched, unbleach	18245	Danish pastry, cheese	0.70	0.09
[8438] English mufflirs, plain, unenriched, with calcium propionate (includes sourdough) 0.70 0.13 18439 English mufflirs, plain, unenriched, without calcium propionate (includes sourdough) 0.70 0.13 19945 Snacks, potato chips, mode from dried potatoes, reduced fat 0.70 0.01 19979 Candies, confectioner's coating, yogart 0.70 0.70 20081 Wheat flour, white, all-purpose, enriched, bleached 0.70 0.14 20181 Wheat flour, white, all-purpose, enriched, calcium-fortified 0.70 0.14 20581 Wheat flour, white, all-purpose, enriched, disclaim-fortified 0.70 0.14 20581 Wheat flour, white, all-purpose, enriched, alcium-fortified 0.70 0.14 20581 Wheat flour, white, all-purpose, enriched, alcium-fortified 0.70 0.04 20582 Past, glutan-free, curn flour and quinoa flour, cooked, ANCIENT HARVEST 0.70 0.06 20552 Past, glutan-free, curn flour and quinoa flour, cooked, ANCIENT HARVEST 0.70 0.70 21206 BURGER RING, Chicken Sorijo 0.70 0.70 21207 KASHI Pizza, Mushocom Trio &a	18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	0.70	0.11
18439 English mufflins, plain, unenriched, without calcium propionate (includes soundough) 0.70 0.13 19045 Snacks, potato chips, made from dried potatoes, reduced fat 0.70 0.01 19079 Candies, confectioner's coating, yogunt 0.70 0.01 19011 Syrup, magle, Canadian 0.70 0.14 20081 Wheat flour, white, all-purpose, enriched, bleached 0.70 0.14 20881 Wheat flour, white, all-purpose, enriched, calcium-fortitied 0.70 0.14 20881 Wheat flour, white, all-purpose, enriched, elacium-fortitied 0.70 0.14 20881 Wheat flour, white, all-purpose, enriched, elacium-fortitied 0.70 0.14 20881 Wheat flour, white, all-purpose, enriched, elacium-fortitied 0.70 0.14 20881 Wheat flour, white, all-purpose, enriched, elacium-fortitied 0.70 0.14 20881 Wheat flour, white, all-purpose, enriched, elacium-fortitied 0.70 0.14 20881 Wheat flour, white, all-purpose, enriched, elacium-fortitied 0.70 0.70 21600 Fast foods, burin or dial purpose enriched, elacium-fortitied <t< td=""><td>18437</td><td>English muffins, plain, enriched, without calcium propionate(includes sourdough)</td><td>0.70</td><td>0.13</td></t<>	18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	0.70	0.13
19015 Stacks, potato chips, made from dried potatoes, reduced fat 0.70 0.15 19079 Candies, confectioner's casting, yogurt 0.70 0.01 19911 Syrup, maple, Causdian 0.70 0.14 20081 Wheat flour, white, all-purpose, enriched, bleached 0.70 0.14 20481 Wheat flour, white, all-purpose, enriched, calcium-fortifed 0.70 0.14 20481 Wheat flour, white, all-purpose, enriched, unbleaded 0.70 0.14 20581 Wheat flour, white, all-purpose, enriched, unbleaded 0.70 0.07 20581 Past goods, burrio, with beans 0.70 0.07 21050 Past foods, burrio, with beans 0.70 0.07 21256 BURGER KING, Chicken Strips 0.70 0.07 21250 KASHI Pizza, Mushroom Trio ∓: Spinach, frozen, unprepared 0.70 0.7 21250 KASHI Pizza, Mushroom Trio ∓: Spinach, frozen, unprepared 0.70 0.7 22292 KASHI, Southest Style Chicken, Frozen Eutre 0.70 0.7 28295 KASHI, Sunwest Style Chicken, Frozen Eutre 0.70	18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	0.70	0.13
19079 Cardies, confectioner's coating, yogurt 0.70 0.01 19911 Syrup, maple, Cardian 0.70 20081 Wheat flour, white, all-purpose, enriched, leached 0.70 0.14 20381 Wheat flour, white, all-purpose, enriched, calcium-fortified 0.70 0.14 20481 Wheat flour, white, all-purpose, enriched, calcium-fortified 0.70 0.14 20581 Wheat flour, white, all-purpose, enriched, calcium-fortified 0.70 0.14 20581 Wheat flour, white, all-purpose, enriched, calcium-fortified 0.70 0.14 20582 Wheat flour, white, all-purpose, enriched, calcium-fortified 0.70 0.14 20555 Pasta, guiten-frec, corn flour and quinoa flour, cooked, ANCIENT HARVEST 0.70 0.07 21606 Fast foods, burtin, with beans 0.70 0.07 21501 KASHI Pizza, Margherita, frozen unprepared 0.70 0.70 21502 KASHI, Suuthvest Style Chicken, Frozen Enture 0.70 0.7 22992 KASHI, Southvest Style Chicken, Frozen Enture 0.70 0.7 28113 KEEBLER,	18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	0.70	0.13
19911 Syrup, maple, Canadian 0.70 - 20081 Wheat flour, white, all-purpose, enriched, bleached 0.70 0.14 20381 Wheat flour, white, all-purpose, centriched, calcium-fortified 0.70 0.14 20481 Wheat flour, white, all-purpose, centriched, unbleached 0.70 0.14 20581 Wheat flour, white, all-purpose, centriched, unbleached 0.70 0.06 20581 Wheat flour, white, all-purpose, centriched, unbleached 0.70 0.06 20582 Pasta, gluten-free, corn flour and quinos flour, cooked, ANCIENT HARVEST 0.70 0.06 21060 Fast foods, burtin, with beans 0.70 0.07 21256 BURGER KING, Chicken Strips 0.70 0.07 21500 KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared 0.70 - 21501 KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared 0.70 - 22922 KASHI, Soultwest Style Chicken, Frozen Entree 0.70 - 22925 KASHI, Soultwest Style Chicken, Frozen Entree 0.70 - 28113 KEEBLER, CLUB, Dash of S	19045	Snacks, potato chips, made from dried potatoes, reduced fat	0.70	0.15
2081 Wheat flour, white, all-purpose, enriched, bleached 0.70 0.14 2081 Wheat flour, white, all-purpose, enriched, calcium-fortified 0.70 0.14 2081 Wheat flour, white, all-purpose, enriched, unbleached 0.70 0.14 2085 Wheat flour, white, all-purpose, enriched, unbleached 0.70 0.06 2065 Pasta gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST 0.70 0.07 21060 Fast foods, burrito, with beans 0.70 0.07 21250 BURGER KING, Chicken Strips 0.70 0.07 21500 KASHI Pizza, Mushroom Tric &t. Spinach, frozen, unprepared 0.70 0.7 21501 KASHI Pizza, Margherita, frozen, unprepared 0.70 0.7 2120 MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared 0.70 0.7 22992 KASHI, Southwest Style Chicken, Frozen Entree 0.70 0.7 22995 KASHI, Sweet and Sour Chicken, Frozen Entree 0.70 0.7 28113 KEEBLER, CLUB, Dash of Salt Crackers 0.70 0.7 28124 KEEBLER, S	19079	Candies, confectioner's coating, yogurt	0.70	0.01
2081 Wheat flour, white, all-purpose, enriched, bleached 0.70 0.14 2081 Wheat flour, white, all-purpose, enriched, calcium-fortified 0.70 0.14 2081 Wheat flour, white, all-purpose, enriched, unbleached 0.70 0.14 2085 Wheat flour, white, all-purpose, enriched, unbleached 0.70 0.01 2065 Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST 0.70 0.07 21060 Fast foods, burrito, with beans 0.70 0.07 21252 BURGER KING, Chicken Strips 0.70 0.07 21500 KASHI Pizza, Mushroom Trio &mpr. Spinach, frozen, unprepared 0.70 0.7 21210 MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared 0.70 0.7 22920 KASHI, Southwest Style Chicken, Frozen Entree 0.70 0.7 28064 KEEBLER, CLUB, Dash of Salt Crackers 0.70 0.7 28113 KEEBLER, CLUB, Dash of Salt Crackers 0.70 0.7 28124 KEEBLER, SANDIES, Chocolate Chip Ampr. Pecan Shortbread Cookies 0.70 0.7 28125 <	19911	Syrup, maple, Canadian	0.70	
20481 Wheat flour, white, all-purpose, unenriched 0.70 0.14 20581 Wheat flour, white, all-purpose, enriched, unbleached 0.70 0.14 20555 Pasta, gluten-free, com flour and quinoa flour, cooked, ANCIENT HARVEST 0.70 0.06 21060 Fast foods, burrito, with beans 0.70 0.07 21256 BURGER KING, Chicken Strips 0.70 0.07 21500 KASHI Pizza, Mushroom Trio &: Spinach, frozen, unprepared 0.70 21501 KASHI Pizza, Mushroom Trio &: Spinach, frozen, unprepared 0.70 21210 MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared 0.70 22925 KASHI, Sweet and Sour Chicken, Frozen Entree 0.70 2895 KASHI, Sweet and Sour Chicken, Frozen Entree 0.70 28164 KEEBLER, CLUB, Dash of Salt Crackers 0.70 28113 KEEBLER, SANDIES, Chocolate Chip Samp; Pecan Shortbread Cookies 0.70 28127 KEEBLER, SANDIES, Pecan Shortbread Cookies 0.70 28141 KEEBLER, Waffle	20081	Wheat flour, white, all-purpose, enriched, bleached	0.70	
20581 Wheat flour, white, all-purpose, enriched, unbleached 0.70 0.14 20655 Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST 0.70 0.06 21060 East foods, burrito, with beans 0.70 0.17 21256 BURGER KING, Chicken Strips 0.70 0.07 21500 KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared 0.70 21501 KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared 0.70 21501 KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared 0.70 21502 MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared 0.70 22992 KASHI, Southwest Style Chicken, Frozen Entree 0.70 28044 KEBBLER, CLUB, Dash of Salt Crackers 0.70 28113 KEBBLER, LOU Caloric RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies 0.70 28125 KEBBLER, SANDIES, Poccal Shorthread Cookies 0.70 28141 KEBBLER, SANDIES, Pecan Shorthread Cookies 0.70 28155	20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	0.70	0.14
20655 Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST 0.70 0.05 21060 Fast foods, burrito, with beans 0.70 0.17 21256 BURGER KING, Chicken Strips 0.70 0.07 21500 KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared 0.70 21501 KASHI Pizza, Margherita, frozen, unprepared 0.70 21210 MORNINOSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared 0.70 22992 KASHI, Southwest Style Chicken, Frozen Entree 0.70 22995 KASHI, Sweet and Sour Chicken, Frozen Entree 0.70 28064 KEEBLER, CLUB, Dash of Salt Crackers 0.70 28113 KEEBLER, CLUB, Dash of Salt Crackers 0.70 28125 KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies 0.70 28126 KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies 0.70 28155 KEEBLER, Waffle Cones 0.70 28156 KEEBLER, Waffle Cones 0.70	20481	Wheat flour, white, all-purpose, unenriched	0.70	0.14
21060 Fast foods, burrito, with beans 0.70 0.17 21256 BURGER KING, Chicken Strips 0.70 0.07 21500 KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared 0.70 21501 KASHI Pizza, Margherita, frozen, unprepared 0.70 22120 MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared 0.70 22992 KASHI, Southwest Style Chicken, Frozen Entree 0.70 22995 KASHI, Sweet and Sour Chicken, Frozen Entree 0.70 28064 KEEBLER, CLUB, Dash of Salt Crackers 0.70 28113 KEEBLER, CLUB, Dash of Salt Crackers 0.70 28125 KEBBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies 0.70 28127 KEBBLER, SANDIES, Pecan Shortbread Cookies 0.70 28141 KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original 0.70 28156 KEBBLER, Waffle Bowls 0.70 28205 MOTHERS, Macaroon Cookies 0.70 <t< td=""><td>20581</td><td>Wheat flour, white, all-purpose, enriched, unbleached</td><td>0.70</td><td>0.14</td></t<>	20581	Wheat flour, white, all-purpose, enriched, unbleached	0.70	0.14
21256 BURGER KING, Chicken Strips 0.70 0.07 21500 KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared 0.70 21501 KASHI Pizza, Margherita, frozen, unprepared 0.70 22120 MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared 0.70 22992 KASHI, Southwest Style Chicken, Frozen Entree 0.70 22995 KASHI, Sweet and Sour Chicken, Frozen Entree 0.70 28064 KEEBLER, CUB, Dash of Salt Crackers 0.70 28113 KEEBLER, 100 Caloric RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies 0.70 28125 KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies 0.70 28127 KEEBLER, SANDIES, Pecan Shortbread Cookies 0.70 28155 KEEBLER, Waffle Bowls 0.70 28205 MOTHER'S, Macaroon Cookies 0.70 28217 MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies 0.70 28234 SUNSHINE, CHEEZ-IT, Asiago Crackers 0.70 <t< td=""><td>20655</td><td>Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST</td><td>0.70</td><td>0.06</td></t<>	20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	0.70	0.06
21500 KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared 0.70 21501 KASHI Pizza, Margherita, frozen, unprepared 0.70 22120 MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared 0.70 22992 KASHI, Southwest Style Chicken, Frozen Entree 0.70 28955 KASHI, Sweet and Sour Chicken, Frozen Entree 0.70 28064 KEEBLER, CLUB, Dash of Salt Crackers 0.70 28113 KEEBLER, IOO Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies 0.70 28125 KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies 0.70 28127 KEEBLER, SANDIES, Pecan Shortbread Cookies 0.70 28141 KEEBLER, SANDIES, Pecan Shortbread Cookies 0.70 28155 KEEBLER, Waffle Bowls 0.70 28156 KEEBLER, Waffle Cones 0.70 28205 MOTHER'S, Macaroon Cookies 0.70 28217 MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies 0.70 28234 SUNSHINE, CHEEZ-IT, Asiago Crackers	21060	Fast foods, burrito, with beans	0.70	0.17
21501 KASHI Pizza, Margherita, frozen, unprepared 0.70 22120 MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared 0.70 22992 KASHI, Southwest Style Chicken, Frozen Entree 0.70 22995 KASHI, Sweet and Sour Chicken, Frozen Entree 0.70 28064 KEEBLER, CLUB, Dash of Salt Crackers 0.70 28113 KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies 0.70 28125 KEEBLER, SANDIES, Chocolate Chip & amp; Pecan Shortbread Cookies 0.70 28127 KEEBLER, SANDIES, Pecan Shortbread Cookies 0.70 28141 KEEBLER, Waffle Bowls 0.70 28155 KEEBLER, Waffle Cones 0.70 28156 KEEBLER, Waffle Cones 0.70 28205 MOTHER'S, Macaroon Cookies 0.70 28217 MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies 0.70 28234 SUNSHINE, CHEEZ-IT, Asiago Crackers 0.70 28235 SUNSHINE, CHEEZ-IT, Baby Swiss Crackers 0.70	21256	BURGER KING, Chicken Strips	0.70	0.07
21501 KASHI Pizza, Margherita, frozen, unprepared 0.70 22120 MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared 0.70 22992 KASHI, Southwest Style Chicken, Frozen Entree 0.70 22995 KASHI, Sweet and Sour Chicken, Frozen Entree 0.70 28064 KEEBLER, CLUB, Dash of Salt Crackers 0.70 28113 KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies 0.70 28125 KEEBLER, SANDIES, Chocolate Chip & Samp: Pecan Shortbread Cookies 0.70 28127 KEEBLER, SANDIES, Pecan Shortbread Cookies 0.70 28141 KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original 0.70 28155 KEEBLER, Waffle Bowls 0.70 28156 KEEBLER, Waffle Cones 0.70 28205 MOTHER'S, Macaroon Cookies 0.70 28217 MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies 0.70 28234 SUNSHINE, CHEEZ-IT, Asiago Crackers 0.70 28235 SUNSHINE, CHEEZ-IT, Baby Swiss Crackers	21500	KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared	0.70	
22992 KASHI, Southwest Style Chicken, Frozen Entree 0.70 22995 KASHI, Sweet and Sour Chicken, Frozen Entree 0.70 28064 KEEBLER, CLUB, Dash of Salt Crackers 0.70 28113 KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies 0.70 28125 KEEBLER, SANDIES, Chocolate Chip & Samp; Pecan Shortbread Cookies 0.70 28127 KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original 0.70 28155 KEEBLER, Waffle Bowls 0.70 28156 KEEBLER, Waffle Cones 0.70 28205 MOTHER'S, Macaroon Cookies 0.70 28217 MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies 0.70 28234 SUNSHINE, CHEEZ-IT, Asiago Crackers 0.70 28235 SUNSHINE, CHEEZ-IT, Baby Swiss Crackers 0.70	21501	KASHI Pizza, Margherita, frozen, unprepared	0.70	
22992 KASHI, Southwest Style Chicken, Frozen Entree 0.70 22995 KASHI, Sweet and Sour Chicken, Frozen Entree 0.70 28064 KEEBLER, CLUB, Dash of Salt Crackers 0.70 28113 KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies 0.70 28125 KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies 0.70 28141 KEEBLER, SANDIES, Pecan Shortbread Cookies 0.70 28155 KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original 0.70 28156 KEEBLER, Waffle Bowls 0.70 28205 MOTHER'S, Macaroon Cookies 0.70 28217 MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies 0.70 28234 SUNSHINE, CHEEZ-IT, Asiago Crackers 0.70 28235 SUNSHINE, CHEEZ-IT, Baby Swiss Crackers 0.70	22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	0.70	
28064 KEEBLER, CLUB, Dash of Salt Crackers 0.70 28113 KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies 0.70 28125 KEEBLER, SANDIES, Chocolate Chip & amp; Pecan Shortbread Cookies 0.70 28127 KEEBLER, SANDIES, Pecan Shortbread Cookies 0.70 28141 KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original 0.70 28155 KEEBLER, Waffle Bowls 0.70 28156 KEEBLER, Waffle Cones 0.70 28205 MOTHER'S, Macaroon Cookies 0.70 28217 MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies 0.70 28234 SUNSHINE, CHEEZ-IT, Asiago Crackers 0.70 28235 SUNSHINE, CHEEZ-IT, Baby Swiss Crackers 0.70	22992	KASHI, Southwest Style Chicken, Frozen Entree	0.70	
28064 KEEBLER, CLUB, Dash of Salt Crackers 0.70 28113 KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies 0.70 28125 KEEBLER, SANDIES, Chocolate Chip & Amp; Pecan Shortbread Cookies 0.70 28127 KEEBLER, SANDIES, Pecan Shortbread Cookies 0.70 28141 KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original 0.70 28155 KEEBLER, Waffle Bowls 0.70 28156 KEEBLER, Waffle Cones 0.70 28205 MOTHER'S, Macaroon Cookies 0.70 28217 MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies 0.70 28234 SUNSHINE, CHEEZ-IT, Asiago Crackers 0.70 28235 SUNSHINE, CHEEZ-IT, Baby Swiss Crackers 0.70	22995	KASHI, Sweet and Sour Chicken, Frozen Entree	0.70	
28125 KEEBLER, SANDIES, Chocolate Chip & Decan Shortbread Cookies 0.70 28127 KEEBLER, SANDIES, Pecan Shortbread Cookies 0.70 28141 KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original 0.70 28155 KEEBLER, Waffle Bowls 0.70 28156 KEEBLER, Waffle Cones 0.70 28205 MOTHER'S, Macaroon Cookies 0.70 28217 MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies 0.70 28234 SUNSHINE, CHEEZ-IT, Asiago Crackers 0.70 28235 SUNSHINE, CHEEZ-IT, Baby Swiss Crackers 0.70	28064	KEEBLER, CLUB, Dash of Salt Crackers	0.70	
28127 KEEBLER, SANDIES, Pecan Shortbread Cookies 0.70 28141 KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original 0.70 28155 KEEBLER, Waffle Bowls 0.70 28156 KEEBLER, Waffle Cones 0.70 28205 MOTHER'S, Macaroon Cookies 0.70 28217 MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies 0.70 28234 SUNSHINE, CHEEZ-IT, Asiago Crackers 0.70 28235 SUNSHINE, CHEEZ-IT, Baby Swiss Crackers 0.70	28113	KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies	0.70	
28141 KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original 0.70 28155 KEEBLER, Waffle Bowls 0.70 28156 KEEBLER, Waffle Cones 0.70 28205 MOTHER'S, Macaroon Cookies 0.70 28217 MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies 0.70 28234 SUNSHINE, CHEEZ-IT, Asiago Crackers 0.70 28235 SUNSHINE, CHEEZ-IT, Baby Swiss Crackers 0.70	28125	KEEBLER, SANDIES, Chocolate Chip & Shortbread Cookies	0.70	
28155 KEEBLER, Waffle Bowls 0.70 28156 KEEBLER, Waffle Cones 0.70 28205 MOTHER'S, Macaroon Cookies 0.70 28217 MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies 0.70 28234 SUNSHINE, CHEEZ-IT, Asiago Crackers 0.70 28235 SUNSHINE, CHEEZ-IT, Baby Swiss Crackers 0.70	28127	KEEBLER, SANDIES, Pecan Shortbread Cookies	0.70	
28156 KEEBLER, Waffle Cones 0.70 28205 MOTHER'S, Macaroon Cookies 0.70 28217 MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies 0.70 28234 SUNSHINE, CHEEZ-IT, Asiago Crackers 0.70 28235 SUNSHINE, CHEEZ-IT, Baby Swiss Crackers 0.70	28141	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original	0.70	
MOTHER'S, Macaroon Cookies MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies SUNSHINE, CHEEZ-IT, Asiago Crackers SUNSHINE, CHEEZ-IT, Baby Swiss Crackers 0.70	28155	KEEBLER, Waffle Bowls	0.70	
MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies SUNSHINE, CHEEZ-IT, Asiago Crackers SUNSHINE, CHEEZ-IT, Baby Swiss Crackers 0.70	28156	KEEBLER, Waffle Cones	0.70	
MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies SUNSHINE, CHEEZ-IT, Asiago Crackers SUNSHINE, CHEEZ-IT, Baby Swiss Crackers 0.70	28205	MOTHER'S, Macaroon Cookies	0.70	
28235 SUNSHINE, CHEEZ-IT, Baby Swiss Crackers 0.70	28217	MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies	0.70	
	28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	0.70	
28236 SUNSHINE, CHEEZ-IT, BIG Crackers 0.70	28235	SUNSHINE, CHEEZ-IT, Baby Swiss Crackers	0.70	
	28236	SUNSHINE, CHEEZ-IT, BIG Crackers	0.70	

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	0.70	
28244	SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers	0.70	
28280	SUNSHINE, CHEEZ-IT, Original Crackers	0.70	
28340	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch	0.70	0.08
28370	UDI'S, Gluten Free, Classic French Dinner Rolls	0.70	0.08
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	0.70	0.09
43128	Chicken, meatless	0.70	0.69
19095	Ice creams, vanilla	0.69	0.02
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	0.69	0.15
19898	Ice creams, regular, low carbohydrate, vanilla	0.69	0.02
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	0.69	0.07
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	0.69	0.07
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	0.69	0.07
27065	Dip, bean, original flavor	0.69	0.20
27068	Dip, FRITO'S, bean, original flavor	0.69	0.20
28328	Cookies, chocolate chip sandwich, with creme filling	0.69	0.21
36630	Restaurant, Italian, spaghetti with meat sauce	0.69	0.10
05335	Chicken, feet, boiled	0.69	0.10
06249	Soup, pea, green, canned, prepared with equal volume milk	0.69	0.15
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	0.69	0.18
08143	Cereals, WHEATENA, cooked with water	0.69	0.05
08182	Cereals, WHEATENA, cooked with water, with salt	0.69	0.06
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	0.69	0.11
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	0.69	0.24
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	0.69	0.09
11214	Escarole, cooked, boiled, drained, no salt added	0.69	0.09
11373	Potatoes, au gratin, home-prepared from recipe using butter	0.69	0.16
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	0.69	0.09
11843	Potatoes, au gratin, home-prepared from recipe using margarine	0.69	0.16
15069	Fish, pompano, florida, cooked, dry heat	0.69	0.08
15121	Fish, tuna, light, canned in water, drained solids	0.69	0.05
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	0.69	0.15
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	0.69	0.15
18101	Cake, chocolate, prepared from recipe without frosting	0.69	0.21
18228	Crackers, saltines (includes oyster, soda, soup)	0.69	0.14
18236	Cracker meal	0.69	0.22

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	0.68	0.05
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	0.68	0.05
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	0.68	0.04
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	0.68	0.08
09038	Avocados, raw, California	0.68	0.17
11311	Peas, green, canned, drained solids, rinsed in tap water	0.68	0.11
15197	Fish, herring, Pacific, cooked, dry heat	0.68	0.10
18070	Bread, white, commercially prepared, toasted	0.68	0.14
18187	Cookies, peanut butter, refrigerated dough	0.68	0.15
18217	Crackers, matzo, plain	0.68	0.06
18316	Pie, coconut custard, commercially prepared	0.68	0.06
18352	Rolls, hamburger or hotdog, reduced-calorie	0.68	0.14
18367	Waffles, plain, prepared from recipe	0.68	0.06
18427	Crackers, standard snack-type, regular, low salt	0.68	0.21
18432	Bread, white, commercially prepared, toasted, low sodium no salt	0.68	0.14
20058	Rice, white, steamed, Chinese restaurant	0.68	0.05
21119	Fast foods, hotdog, with chili	0.68	0.09
21421	KFC, Crispy Chicken Strips	0.68	0.07
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	0.68	0.13
36034	Restaurant, family style, chicken tenders	0.68	0.07
36631	OLIVE GARDEN, spaghetti with meat sauce	0.68	0.10
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	0.67	0.08
21141	BURGER KING, Vanilla Shake	0.67	0.19
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	0.67	0.08
28300	Cookies, oatmeal sandwich, with creme filling	0.67	0.14
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	0.67	0.13
28329	Cookies, chocolate, made with rice cereal	0.67	0.18
36015	Restaurant, family style, chicken fingers, from kid's menu	0.67	0.07
36413	Restaurant, Latino, black bean soup	0.67	0.16
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	0.67	0.07
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	0.67	0.08
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	0.67	0.08
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	0.67	0.08
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	0.67	0.08
01263	Ice cream, light, soft serve, chocolate	0.67	0.22
09053	Blueberries, wild, frozen	0.67	

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
11313	Peas, green, frozen, cooked, boiled, drained, without salt	0.67	0.10
11814	Peas, green, frozen, cooked, boiled, drained, with salt	0.67	0.10
11974	Grape leaves, raw	0.67	0.42
11989	Mushrooms, straw, canned, drained solids	0.67	0.13
12059	Nuts, acorns, dried	0.67	0.82
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	0.67	0.27
12128	Nuts, ginkgo nuts, dried	0.67	0.54
15050	Fish, mackerel, Pacific and jack, mixed species, raw	0.67	0.09
15062	Fish, pike, northern, raw	0.67	0.05
15225	Fish, yellowtail, mixed species, cooked, dry heat	0.67	0.06
15253	Salmon, sockeye, canned, total can contents	0.67	0.06
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	0.67	0.07
18223	Crackers, milk	0.67	0.23
18269	French toast, prepared from recipe, made with low fat (2%) milk	0.67	0.06
18271	Ice cream cones, cake or wafer-type	0.67	0.20
01157	Cheese, goat, semisoft type	0.66	0.56
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	0.66	0.05
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	0.66	0.05
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	0.66	0.05
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	0.66	0.05
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	0.66	0.05
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	0.66	0.05
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	0.66	0.05
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	0.66	0.05
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	0.66	0.05
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	0.66	0.05
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	0.66	0.05
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	0.66	0.05
05117	Chicken, roasting, light meat, meat only, raw	0.66	0.04
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	0.66	
09085	Currants, zante, dried	0.66	0.47
11228	Jew's ear, (pepeao), raw	0.66	0.44
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	0.66	0.11
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.66	0.66
15024	Fish, drum, freshwater, raw	0.66	0.23
15110	Fish, swordfish, raw	0.66	0.04

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
15114	Fish, trout, mixed species, raw	0.66	0.19
18053	Bread, reduced-calorie, rye	0.66	0.13
18270	Hush puppies, prepared from recipe	0.66	0.07
18961	Crackers, cream, GAMESA SABROSAS	0.66	0.11
20022	Cornmeal, degermed, enriched, yellow	0.66	0.08
20322	Cornmeal, degermed, enriched, white	0.66	0.08
20422	Cornmeal, degermed, unenriched, yellow	0.66	0.08
20522	Cornmeal, degermed, unenriched, white	0.66	0.08
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	0.66	0.08
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	0.66	0.08
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	0.66	0.08
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	0.66	0.08
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	0.66	0.09
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	0.66	0.26
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	0.66	0.26
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	0.66	0.05
36024	CRACKER BARREL, chicken tenderloin platter, fried	0.66	0.07
20110	Noodles, egg, enriched, cooked	0.65	0.10
20310	Noodles, egg, cooked, enriched, with added salt	0.65	0.10
20410	Noodles, egg, unenriched, cooked, without added salt	0.65	0.10
20510	Noodles, egg, cooked, unenriched, with added salt	0.65	0.10
21266	TACO BELL, BURRITO SUPREME with chicken	0.65	0.10
28254	SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar	0.65	
28327	Crackers, water biscuits	0.65	0.13
32005	Macaroni and cheese, box mix with cheese sauce, prepared	0.65	0.07
36020	T.G.I. FRIDAY'S, chicken fingers	0.65	0.07
43410	Chicken, meatless, breaded, fried	0.65	0.50
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	0.65	0.06
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	0.65	0.05
03997	Babyfood, Baby MUM MUM Rice Biscuits	0.65	0.16
05674	Chicken, skin (drumsticks and thighs), raw	0.65	0.04
06072	Soup, vegetable with beef broth, canned, condensed	0.65	0.12
07935	Oven-roasted chicken breast roll	0.65	0.07
11028	Bamboo shoots, canned, drained solids	0.65	0.11
11243	Mushrooms, portabella, grilled	0.65	0.39
11310	Peas, green, canned, seasoned, solids and liquids	0.65	0.10

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	0.65	0.39
11950	Mushrooms, enoki, raw	0.65	0.11
15003	Fish, bass, fresh water, mixed species, raw	0.65	0.09
15216	Fish, spot, cooked, dry heat	0.65	0.06
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	0.65	0.08
16026	Beans, great northern, mature seeds, canned	0.65	0.16
16073	Lima beans, large, mature seeds, canned	0.65	0.18
16172	Refried beans, canned, fat-free	0.65	0.16
16326	Beans, great northern, mature seeds, canned, low sodium	0.65	0.16
18106	Coffeecake, fruit	0.65	0.03
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	0.65	0.26
02046	Mustard, prepared, yellow	0.64	0.07
06375	CAMPBELL'S, Vegetable Beef Soup, condensed	0.64	
06449	Soup, pea, green, canned, prepared with equal volume water	0.64	0.15
06965	Soup, pea, low sodium, prepared with equal volume water	0.64	0.15
09037	Avocados, raw, all commercial varieties	0.64	0.19
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	0.64	0.16
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	0.64	0.16
11965	Cauliflower, green, raw	0.64	0.04
12060	Nuts, acorn flour, full fat	0.64	0.61
15076	Fish, salmon, Atlantic, wild, raw	0.64	0.25
16023	Beans, french, mature seeds, cooked, boiled, without salt	0.64	0.12
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	0.64	0.16
16323	Beans, french, mature seeds, cooked, boiled, with salt	0.64	0.12
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	0.64	0.12
18152	Cookies, brownies, dry mix, regular	0.64	0.28
18182	Cookies, oatmeal, refrigerated dough	0.64	0.11
18280	Muffins, corn, dry mix, prepared	0.64	0.06
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	0.64	0.21
19182	Desserts, mousse, chocolate, prepared-from-recipe	0.64	0.08
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	0.64	0.23
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	0.64	0.06
20086	Wheat flour, white, tortilla mix, enriched	0.64	0.10
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	0.64	0.07
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	0.64	0.07
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	0.64	0.16

507 Restaurant, family style, macannel Rampy cheese, from kide' mean 0.44 0.108 1835 Rectaurant, charolize, rich 0.63 0.118 1875 Sween roals, chrome 0.63 0.012 1974 Changing, chroschiar, care and 15% rangine 0.63 0.028 2072 Pasting place-free, come, croked 0.63 0.036 2079 Pasting place-free, come, croked 0.63 0.036 20712 Noodles, flee, trunchy, Chinecire restaurant 0.63 0.038 20712 Noodles, flee, trunchy, Chinecire restaurant 0.63 0.038 20712 Noodles, flee, trunchy, Chinecire restaurant 0.63 0.03 2012 Noodles, flee, trunchy, Chinecire restaurant 0.63 0.02 2185 McDONALDS, McCHECKEN Sandshied 0.63 0.01 2195 La Segua, cheese, foreze, unperpared 0.63 0.01 2419 Pattern by Chron. Invest, mean carm type, checolate or carmantel covered, with nature 0.63 0.01 2450 Postora noverlies, ice cenant type, checolate or carm type, checolate or carm type, checolate or carm type, c	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
1835 Sweet rolls, cheese 0.63 0.10 19370 Syngs, table blends, can and 15% rangle 0.63 0.22 1972 Pestings, checkouter, ceramy, dry mix, reprared with margarine 0.63 0.02 19892 Pesting, furchier, certificanted, spinach, cooked 0.63 0.08 20096 Pesti, furchi-refrigerated, spinach, cooked 0.63 0.08 20112 Noedles, fat, crundy, Chinese restaurant 0.63 0.08 20118 Noedles, fat, crundy, Chinese restaurant 0.63 0.08 3102 Patarors, hash brown, refrigerated, prepared, pan fried in cannol oil 0.63 0.12 2018 Noedles, fat, crundy, Chinese restaurant 0.63 0.12 2019 Lasgar, Check, frozen, parkeyerd 0.63 0.12 2019 Lasgar, Check, frozen, function of cannol covered, with ruls 0.63 0.12 2015 Phasant, breast, metal only, cow 0.63 0.03 3014 Chicken, facility, force, breast, shalles, bounders, customer, land to cannol covered, with ruls 0.63 0.03 3054 Chicken, facility, force, breast, ca	36017	Restaurant, family style, macaroni & menu kids' menu	0.64	0.06
1956 Syrups, table berds, cane and 15% rample 0.63 0.23 19772 Prostings, blocardiac, creamy, dy mix, prepared with nurgarine 0.63 0.08 2092 Pasta, glituan-free, come, concluded 0.63 0.08 2006 Patta, firsth-schfigerated, spinach, cooked 0.63 0.08 2011 Noodies, fast, creamly, Chinese restaurant 0.63 0.02 2135 McDNALDS, McCHICKEN Sambwich 0.63 0.08 3102 Poistoes, tash brown, refrigerated, prepared, pan fried in canda cil 0.63 0.01 3104 Lasagna, cleases, frozen, unpequand 0.63 0.13 4105 Prizza movelies, ice crean type, chocolate or cannad covered, with nurs 0.63 0.13 4105 Prizza movelies, ice crean type, chocolate or cannad covered, with nurs 0.63 0.03 4105 Prizza movelies, ice crean type, chocolate or cannad covered, with nurs 0.63 0.03 4105 Prizza movelies, ice crean type, chocolate or cannad covered, with nurs 0.63 0.03 4105 Prizza movelies, ice crean type, chocolate or cannad covered, with nurs 0.63 0.03 <	43541	Ice creams, chocolate, rich	0.64	0.18
19372 Frostings, chocolate, creamy, My mis, prepared with margarine 0.63 0.23 20092 Pasts, generate, sprinch, cooked 0.63 0.08 20092 Pasts, fresh-refrigented, sprinch, cooked 0.63 0.08 20112 Noodies, egg, planch, enriched, cooked 0.63 0.08 20118 Noodies, egg, planch, enriched, cooked 0.63 0.01 21855 McDONALDS MCHICKEN Standwich 0.63 0.01 31022 Potatoes, Insh brown, refrigerated, prepared, pan-fried in canola oil 0.63 0.11 32019 Lasagus, choses, firoren, unprepared 0.63 0.01 41056 Froesant Post, exclusive to cream type, chocolate or carmed covered, with nats 0.63 0.01 9115 Milk, chocolate beverage, bot cocca, homemade 0.63 0.03 9534 Chicken, skin (drumsticks and flighs), with added solution, row 0.63 0.03 9534 Chicken, skin (drumsticks and flighs), with added solution, row 0.63 0.03 11039 Crin seed, spillow, frozen, kernels on cot, cooked, bried, drained, without skil 0.63 0.03 11	18355	Sweet rolls, cheese	0.63	0.10
20092 Pasta, Igiten-free, com, cooked 0.63 0.06 20096 Pasta, feeb-refrigerande, spinach, cooked 0.63 0.08 20112 Noodles, egg, spinach, emithed, cooked 0.63 0.08 20118 Noodles, flat, crunchy, Chinese restaurant 0.63 0.12 21385 McDONALDS, McCHICKEN Sandwich 0.63 0.01 31022 Potatoes, hash brown, refrigerated, prepared, par-fried in canola oil 0.63 0.13 31023 Easagna, cheese, frozen, imprepared 0.63 0.13 43036 Finzer movellies, ice resur type, checolate or caramel covered, with nats 0.63 0.13 10105 Milk, chocolate beverage, hat cooco, homenade 0.63 0.01 05134 Chicken, broilers or fyers, breast, skines, boneless, meat only, with added solution, cooked, bristed 0.63 0.03 0534 Chicken, skin (drunstricke and flaghs), with added solution, cooked, bristed 0.63 0.03 0534 Chicken, skin (drunstricke and flaghs), unprepared 0.63 0.03 11179 Com, sweet, yellow, frozen, kennels on ob, cooked, bristed, drained, without salt 0.63 0.0	19361	Syrups, table blends, cane and 15% maple	0.63	0.02
2006 Pasta, fresh-refrigerated, spinach, cooked 0.63 0.08 20112 Nordics, ggs, spinach, cnicked, cooked 0.63 0.02 20118 Noodles, flatt, crund, Chinese restaurant 0.63 0.02 2155 McDONALDS, McCHICKEN Sandwich 0.63 0.01 31022 Protaces, bash brown, refrigerated, prepared, purified in canda oil 0.63 0.11 43506 Prozen novelities, ice cream type, chocolate or caramel covered, with nuts 0.63 0.13 31015 Milk, chocolate bewrage, hot cooo, homemale 0.63 0.01 05155 Pleasant, breast, meat only, raw 0.63 0.01 05154 Chicken, skin (drumsticks and thighs), with added solution, row 0.63 0.03 05314 Chicken, skin (drumsticks and thighs), with added solution, cooked, briased 0.63 0.03 1059 Lina beans, immature seed, frozen, bardy, unprepared 0.63 0.03 11819 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 0.63 0.05 1184 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, with salt 0.63 0.05<	19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	0.63	0.23
20112 Noodles, egg. spirach, enriched, cooked 0.68 0.08 20118 Noodles, flat, trunchy, Chinese restaurant 0.63 0.12 21355 McDONALD'S. McCHICKEN Sandwich 0.63 0.08 31022 Potatoes, hash brown, refrigerated, prepared, pen-fried in canola oil 0.63 0.12 43506 Lasagna, cheese, frozen, unprepared 0.63 0.13 43506 Prozen novelites, ice rean type, chocoiler or caramel covered, with nuts 0.63 0.01 0155 Pheasant, breast, meat only, raw 0.63 0.03 05314 Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw 0.63 0.03 05404 Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw 0.63 0.03 05404 Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw 0.63 0.03 10409 Lima hears, immature seech, frozen, buly, imprepared 0.63 0.03 11810 Corn, sweet, yellow, frozen, kernels on eoh, cooked, briled, drained, without salt 0.63 0.05 11826 Succetash, corn and limu	20092	Pasta, gluten-free, corn, cooked	0.63	0.06
20118 Noodles, flat, crunchy, Chinese restaurant 0.63 0.12 21355 McDONALDS, McCHICKEN Sandwich 0.63 0.08 31022 Potatoes, hosh brown, refrigerated, prepared, pan-fried in canola oil 0.63 0.11 32019 Lasagam, cheese, frozen, unprepared 0.63 0.13 43506 Frozen novelties, ice cream type, chocolate or caramel crovered, with nuts 0.63 0.013 50155 Pheasant, breast, meat only, raw 0.63 0.00 50514 Chicken, broies or fryers, breast, skinless, boneless, meat only, with added solution, naw 0.63 0.03 50544 Chicken, skin (drumsticks and thighs), with added solution, cooked, braised 0.63 0.03 11039 Lima beans, immature seeds, frozen, beby, unprepared 0.63 0.03 11179 Corn, seect, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 0.63 0.03 11180 Corn, seect, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 0.63 0.05 11466 Seccotash, (corn and limas), cooked, boiled, drained, with salt 0.63 0.05 11775 Corn, seect, yellow, froze	20096	Pasta, fresh-refrigerated, spinach, cooked	0.63	0.08
21355 McDONALDS, McCIIICKEN Sandwich 0.63 0.08 31022 Potatoes, bash brown, refrigerated, prepared, pan-fried in canola oil 0.63 0.11 2019 Lasagna, cheese, frozen, unprepared 0.63 0.13 43506 Frozen noveltes, ice cream type, chocolate or caramel covered, with nuts 0.63 0.01 01155 Milk, chocolate beverage, bot cocoa, homemade 0.63 0.03 05155 Pheasant, freast, meat only, raw 0.63 0.03 05341 Chicken, botien of frers, beats, skinless, boneless, meat only, with added solution, raw 0.63 0.03 0564 Chicken, skin (drumsticks and thighs), with added solution, cooked, braised 0.63 0.03 1109 Lima keans, immature seeds, frozen, baby, unprepared 0.63 0.03 1119 Corn, sweet, yellow, frozen, kemels on cob, cooked, boiled, drained, without salt 0.63 0.05 1181 Corn, sweet, yellow, frozen, kemels on cob, cooked, boiled, drained, with salt 0.63 0.04 1196 Tomato products, canned, paste, without salt added 0.63 0.05 1197 Corn, sweet, yellow, frozen, kernels on cob, cooked,	20112	Noodles, egg, spinach, enriched, cooked	0.63	0.08
31022 Potatoss, hash brown, refrigerated, prepared, pan-fried in canola oil 0.63 0.11 32019 Lasagna, chesse, frozen, umprepared 0.63 0.12 43506 Frozen novelities, ice cream type, chocolate or caramet covered, with nuts 0.63 0.13 0105 Milk, chocolate beverage, loto cocoa, homemade 0.63 0.05 05155 Pheasant, breast, meat only, raw 0.63 0.03 05684 Chicken, skin (drumsticks and thighs), with added solution, cooked, braised 0.63 0.03 05684 Chicken, skin (drumsticks and thighs), with added solution, cooked, braised 0.63 0.03 11879 Corn, sweet, yellow, frozen, kernels cut off cob. boiled, drained, without salt 0.63 0.05 11881 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 0.63 0.05 11894 Succotash, (corn and limas), cooked, boiled, drained, with salt 0.63 0.05 11975 Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt 0.63 0.05 11775 Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt 0.63 0.05	20118	Noodles, flat, crunchy, Chinese restaurant	0.63	0.12
32019 Lasagna, cheese, frozen, unprepared 0.63 0.12 43596 Frozen novelties, ice cream type, chocolate or carmel covered, with muss 0.63 0.13 01105 Milk, chocolate beverage, hot cocoa, homemade 0.63 0.05 05155 Pheasant, breast, meat only, raw 0.63 0.05 05314 Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw 0.63 0.03 0584 Chicken, skin (drumsticks and thighs), with added solution, cooked, braised 0.63 0.03 11039 Lima beans, immature seeds, frozen, baby, unprepared 0.63 0.03 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 0.63 0.05 1181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 0.63 0.05 11840 Succotash, (corn and limas), cooked, boiled, drained, with salt 0.63 0.03 11871 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt 0.63 0.05 11775 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt 0.63 0.05	21355	McDONALD'S, McCHICKEN Sandwich	0.63	0.08
43506 Frozen novelties, ice cream type, chocolate or caramel covered, with nuts 0.63 0.13 91105 Milk, chocolate beverage, hot cocoa, homemade 0.63 0.10 05155 Pheasant, breast, meat only, raw 0.63 0.05 05314 Chicken, skin (drumsticks and thighs), with added solution, cooked, braised 0.63 0.03 05684 Chicken, skin (drumsticks and thighs), with added solution, cooked, braised 0.63 0.03 11039 Lima beans, immature seeds, frozen, beby, unprepared 0.63 0.05 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 0.63 0.05 11818 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 0.63 0.05 11846 Tomato products, canned, paste, without salt added 0.63 0.12 11774 Arrowroot, raw 0.63 0.12 11775 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt 0.63 0.05 11871 Succotash, (corn and limas), cooked, boiled, drained, with salt 0.63 0.05 11974 Corn, sweet, while, frozen, kernels	31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	0.63	0.11
01105 Milk, chocolate beverage, hot ocoon, homemade 0.63 0.10 05155 Pheasant, breast, meat only, raw 0.63 0.05 05344 Chicken, broilers or fizers, breast, skinless, boncless, meat only, with added solution, raw 0.63 0.03 05684 Chicken, skin (drumsticks and thighs), with added solution, cooked, braised 0.63 0.03 11039 Lima beans, immature sceds, frozen, baby, umprepared 0.63 0.13 11179 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 0.63 0.05 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 0.63 0.05 11496 Succotash, (corn and limas), cooked, boiled, drained, without salt 0.63 0.18 11546 Tomato products, anned, paste, without salt added 0.63 0.12 11774 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt 0.63 0.05 11871 Succotash, (corn and limas), cooked, boiled, drained, with salt 0.63 0.05 11871 Succotash, (corn and limas), cooked, boiled, drained, with salt 0.63 0.05	32019	Lasagna, cheese, frozen, unprepared	0.63	0.12
05155 Pheasant, breast, meat only, raw 0.63 0.05 05314 Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw 0.63 0.03 05648 Chicken, skin (drumsticks and thighs), with added solution, cooked, braised 0.63 0.03 11039 Lima beans, immature seeds, frozen, baby, unprepared 0.63 0.03 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 0.63 0.05 1181 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 0.63 0.05 1184 Tomatop products, canned, paste, without salt added 0.63 0.05 1186 Tomatop products, canned, paste, without salt added 0.63 0.05 1187 Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt 0.63 0.05 1187 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt 0.63 0.05 11871 Succotash, (corn and limas), cooked, boiled, drained, with salt 0.63 0.05 11915 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt 0.63 0.05	43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	0.63	0.13
05314 Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw 0.63 0.03 05684 Chicken, skin (drumsticks and thighs), with added solution, cooked, braised 0.63 0.03 11039 Lima beans, immature seeds, frozen, baby, unprepared 0.63 0.13 11179 Corn, sweet, yellow, frozen, kernels out off cob, boiled, drained, without salt 0.63 0.05 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 0.63 0.18 11496 Succotash, (corn and limas), cooked, boiled, drained, without salt 0.63 0.18 11540 Tomato products, canned, paste, without salt added 0.63 0.12 11774 Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt 0.63 0.05 11775 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt 0.63 0.05 11871 Succotash, (corn and limas), cooked, boiled, drained, with salt 0.63 0.05 11974 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt 0.63 0.05 11974 Corn, sweet, white, frozen, kernels on cob, cooked, boiled,	01105	Milk, chocolate beverage, hot cocoa, homemade	0.63	0.10
05684 Chicken, skin (drumsticks and thighs), with added solution, cooked, braised 0.63 0.03 11039 Lima beans, immature seeds, frozen, baby, unprepared 0.63 0.13 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 0.63 0.05 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 0.63 0.05 11496 Succotash, (corn and limas), cooked, boiled, drained, without salt 0.63 0.18 11546 Tomato products, canned, paste, without salt added 0.63 0.36 11697 Arrowroot, raw 0.63 0.05 11774 Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt 0.63 0.05 11775 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt 0.63 0.05 11871 Succotash, (corn and limas), cooked, boiled, drained, with salt 0.63 0.05 11914 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt 0.63 0.05 11915 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt 0.63 0.05	05155	Pheasant, breast, meat only, raw	0.63	0.05
11039 Lima beans, immature seeds, frozen, baby, unprepared 0.63 0.13 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 0.63 0.05 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 0.63 0.05 11496 Succotash, (corn and limas), cooked, boiled, drained, without salt 0.63 0.18 11546 Tomato products, canned, paste, without salt added 0.63 0.12 11774 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt 0.63 0.05 11775 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt 0.63 0.05 11871 Succotash, (corn and limas), cooked, boiled, drained, with salt 0.63 0.05 11871 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt 0.63 0.05 11915 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt 0.63 0.05 11967 Cauliflower, green, cooked, no salt added 0.63 0.04 14016 Beverages, almond milk, sweetened, vailla flavor, ready-to-drink 0.63 0.02<	05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	0.63	0.03
11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 0.63 0.05 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 0.63 0.05 11496 Succotash, (corn and limas), cooked, boiled, drained, without salt 0.63 0.18 11546 Tomato products, canned, paste, without salt added 0.63 0.63 11697 Arrowroot, raw 0.63 0.05 11774 Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt 0.63 0.05 11775 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt 0.63 0.05 11871 Succotash, (corn and limas), cooked, boiled, drained, with salt 0.63 0.05 11914 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt 0.63 0.05 11915 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt 0.63 0.05 11967 Cauliflower, green, cooked, no salt added 0.63 0.05 11968 Cauliflower, green, cooked, with salt 0.63 0.04 14060 Bever	05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	0.63	0.03
III81 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 0.63 0.05 11496 Succotash, (corn and limas), cooked, boiled, drained, without salt 0.63 0.18 11546 Tomato products, canned, paste, without salt added 0.63 0.36 11697 Arrowroot, raw 0.63 0.12 11774 Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt 0.63 0.05 11775 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt 0.63 0.05 11871 Succotash, (corn and limas), cooked, boiled, drained, with salt 0.63 0.05 11914 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt 0.63 0.05 11915 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt 0.63 0.05 11967 Cauliflower, green, cooked, no salt added 0.63 0.05 11968 Cauliflower, green, cooked, with salt 0.63 0.04 14016 Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink 0.63 0.07 14060 Beverages, Energy D	11039	Lima beans, immature seeds, frozen, baby, unprepared	0.63	0.13
11496 Succotash, (corn and limas), cooked, boiled, drained, without salt 0.63 0.18 11546 Tomato products, canned, paste, without salt added 0.63 0.36 11697 Arrowroot, raw 0.63 0.12 11774 Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt 0.63 0.05 11775 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt 0.63 0.05 11871 Succotash, (corn and limas), cooked, boiled, drained, with salt 0.63 0.05 11914 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt 0.63 0.05 11915 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt 0.63 0.05 11967 Cauliflower, green, cooked, no salt added 0.63 0.05 11968 Cauliflower, green, cooked, with salt 0.63 0.04 14016 Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink 0.63 0.07 14060 Beverages, Energy Drink with carbonated water and high fructose corn syrup 0.63 0.07 15046 Fish, mackerel, Atlantic, raw<	11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	0.63	0.05
11546 Tomato products, canned, paste, without salt added 0.63 0.36 11697 Arrowroot, raw 0.63 0.12 11774 Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt 0.63 0.05 11775 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt 0.63 0.05 11871 Succotash, (corn and limas), cooked, boiled, drained, with salt 0.63 0.05 11914 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt 0.63 0.05 11915 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt 0.63 0.05 11967 Cauliflower, green, cooked, no salt added 0.63 0.04 11968 Cauliflower, green, cooked, with salt 0.63 0.04 14016 Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink 0.63 0.07 14054 Beverages, Energy Drink with carbonated water and high fructose corn syrup 0.63 0.07 14060 Beverages, Energy Drink with carbonated water and high fructose corn syrup 0.63 0.07 15046 Fish, mackerel, Atlant	11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	0.63	0.05
11697 Arrowroot, raw 0.63 0.12 11774 Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt 0.63 0.05 11775 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt 0.63 0.05 11871 Succotash, (corn and limas), cooked, boiled, drained, with salt 0.63 0.18 11914 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt 0.63 0.05 11915 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt 0.63 0.05 11967 Cauliflower, green, cooked, no salt added 0.63 0.04 11968 Cauliflower, green, cooked, with salt 0.63 0.04 14016 Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink 0.63 0.07 14054 Beverages, almond milk, chocolate, ready-to-drink 0.63 0.07 14060 Beverages, Energy Drink with carbonated water and high fructose corn syrup 0.63 0.07 15046 Fish, mackerel, Atlantic, raw 0.63 0.07 15098 Fish, sheepshead, cooked, dry heat 0.63 0.12	11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	0.63	0.18
11774 Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt 0.63 0.05 11775 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt 0.63 0.05 11871 Succotash, (corn and limas), cooked, boiled, drained, with salt 0.63 0.18 11914 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt 0.63 0.05 11915 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt 0.63 0.05 11967 Cauliflower, green, cooked, no salt added 0.63 0.04 11968 Cauliflower, green, cooked, with salt 0.63 0.04 14016 Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink 0.63 0.02 14054 Beverages, almond milk, chocolate, ready-to-drink 0.63 0.07 14060 Beverages, Energy Drink with carbonated water and high fructose corn syrup 0.63 0.00 15046 Fish, mackerel, Atlantic, raw 0.63 0.07 15098 Fish, sheepshead, cooked, dry heat 0.63 0.12	11546	Tomato products, canned, paste, without salt added	0.63	0.36
11775 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt 0.63 0.05 11871 Succotash, (corn and limas), cooked, boiled, drained, with salt 0.63 0.18 11914 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt 0.63 0.05 11915 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt 0.63 0.05 11967 Cauliflower, green, cooked, no salt added 0.63 0.04 11968 Cauliflower, green, cooked, with salt 0.63 0.04 14016 Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink 0.63 0.02 14054 Beverages, almond milk, chocolate, ready-to-drink 0.63 0.07 14060 Beverages, Energy Drink with carbonated water and high fructose corn syrup 0.63 0.00 15046 Fish, mackerel, Atlantic, raw 0.63 0.07 15098 Fish, sheepshead, cooked, dry heat 0.63 0.12	11697	Arrowroot, raw	0.63	0.12
11871 Succotash, (corn and limas), cooked, boiled, drained, with salt 0.63 0.18 11914 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt 0.63 0.05 11915 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt 0.63 0.05 11967 Cauliflower, green, cooked, no salt added 0.63 0.04 11968 Cauliflower, green, cooked, with salt 0.63 0.04 14016 Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink 0.63 0.02 14054 Beverages, almond milk, chocolate, ready-to-drink 0.63 0.07 14060 Beverages, Energy Drink with carbonated water and high fructose corn syrup 0.63 0.00 15046 Fish, mackerel, Atlantic, raw 0.63 0.07 15098 Fish, sheepshead, cooked, dry heat 0.63 0.12	11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	0.63	0.05
11914 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt 0.63 0.05 11915 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt 0.63 0.05 11967 Cauliflower, green, cooked, no salt added 0.63 0.04 11968 Cauliflower, green, cooked, with salt 0.63 0.04 14016 Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink 0.63 0.02 14054 Beverages, almond milk, chocolate, ready-to-drink 0.63 0.07 14060 Beverages, Energy Drink with carbonated water and high fructose corn syrup 0.63 0.00 15046 Fish, mackerel, Atlantic, raw 0.63 0.07 15098 Fish, sheepshead, cooked, dry heat 0.63 0.12	11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	0.63	0.05
11915 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt 11967 Cauliflower, green, cooked, no salt added 11968 Cauliflower, green, cooked, with salt 14016 Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink 14054 Beverages, almond milk, chocolate, ready-to-drink 14060 Beverages, Energy Drink with carbonated water and high fructose corn syrup 15046 Fish, mackerel, Atlantic, raw 15098 Fish, sheepshead, cooked, dry heat 0.63 0.05 0.05 0.063 0.07	11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	0.63	0.18
11967Cauliflower, green, cooked, no salt added0.630.0411968Cauliflower, green, cooked, with salt0.630.0414016Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink0.630.0214054Beverages, almond milk, chocolate, ready-to-drink0.630.0714060Beverages, Energy Drink with carbonated water and high fructose corn syrup0.630.0015046Fish, mackerel, Atlantic, raw0.630.0715098Fish, sheepshead, cooked, dry heat0.630.12	11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	0.63	0.05
11968Cauliflower, green, cooked, with salt0.630.0414016Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink0.630.0214054Beverages, almond milk, chocolate, ready-to-drink0.630.0714060Beverages, Energy Drink with carbonated water and high fructose corn syrup0.630.0015046Fish, mackerel, Atlantic, raw0.630.0715098Fish, sheepshead, cooked, dry heat0.630.12	11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	0.63	0.05
Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink Beverages, almond milk, chocolate, ready-to-drink Beverages, almond milk, chocolate, ready-to-drink Beverages, Energy Drink with carbonated water and high fructose corn syrup 0.63 0.00 15046 Fish, mackerel, Atlantic, raw 0.63 0.07 15098 Fish, sheepshead, cooked, dry heat	11967	Cauliflower, green, cooked, no salt added	0.63	0.04
14054Beverages, almond milk, chocolate, ready-to-drink0.630.0714060Beverages, Energy Drink with carbonated water and high fructose corn syrup0.630.0015046Fish, mackerel, Atlantic, raw0.630.0715098Fish, sheepshead, cooked, dry heat0.630.12	11968	Cauliflower, green, cooked, with salt	0.63	0.04
14060Beverages, Energy Drink with carbonated water and high fructose corn syrup0.630.0015046Fish, mackerel, Atlantic, raw0.630.0715098Fish, sheepshead, cooked, dry heat0.630.12	14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	0.63	0.02
15046Fish, mackerel, Atlantic, raw0.630.0715098Fish, sheepshead, cooked, dry heat0.630.12	14054	Beverages, almond milk, chocolate, ready-to-drink	0.63	0.07
15098 Fish, sheepshead, cooked, dry heat 0.63 0.12	14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	0.63	0.00
	15046	Fish, mackerel, Atlantic, raw	0.63	0.07
16358 Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids 0.25	15098	Fish, sheepshead, cooked, dry heat	0.63	0.12
	16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	0.63	0.25

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
04640	Salad dressing, ranch dressing, reduced fat	0.62	0.16
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	0.62	0.03
06409	Soup, beef noodle, canned, prepared with equal volume water	0.62	0.06
06471	Soup, vegetable beef, canned, prepared with equal volume water	0.62	0.08
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	0.62	0.07
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	0.62	0.05
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	0.62	0.05
11952	Radicchio, raw	0.62	0.34
15052	Fish, mackerel, spanish, cooked, dry heat	0.62	0.06
15064	Fish, pike, walleye, raw	0.62	0.18
15213	Fish, scup, cooked, dry heat	0.62	0.06
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	0.62	0.15
16054	Broadbeans (fava beans), mature seeds, canned	0.62	0.11
16245	SILK Very Vanilla, soymilk	0.62	
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	0.62	0.15
18230	Crackers, standard snack-type, sandwich, with cheese filling	0.62	0.08
18390	Pancakes, buttermilk, prepared from recipe	0.62	0.05
18416	Bread, white, commercially prepared, low sodium, no salt	0.62	0.13
18954	Bread, pound cake type, pan de torta salvadoran	0.62	0.03
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	0.62	0.28
19184	Puddings, chocolate, dry mix, instant	0.62	0.35
19436	Popcorn, sugar syrup/caramel, fat-free	0.62	0.14
20041	Rice, brown, medium-grain, cooked	0.62	0.08
20082	Wheat flour, white, all-purpose, self-rising, enriched	0.62	0.11
20084	Wheat flour, white, cake, enriched	0.62	0.14
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	0.62	0.08
21259	BURGER KING, Original Chicken Sandwich	0.62	0.09
31010	CAMPBELL'S, V8 Vegetable Juice, Essential Antioxidants V8	0.62	
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	0.62	0.06
36411	Restaurant, Latino, tamale, corn	0.62	0.03
36601	Restaurant, Chinese, egg rolls, assorted	0.62	0.15
43215	Salad dressing, buttermilk, lite	0.62	0.16
18621	NABISCO, NABISCO RITZ Crackers	0.61	0.12
19205	Egg custards, dry mix, prepared with 2% milk	0.61	0.01
20010	Buckwheat groats, roasted, cooked	0.61	0.15
21102	Fast foods, chicken fillet sandwich, plain with pickles	0.61	0.07

1244 WFADYYS, Chricken Wilgest 0.61 0.08 21356 CHICK HILA, Chicken Nargest 0.61 0.08 21757 CHICK HILA, Chicken nardwich 0.61 0.08 22978 Chicken instein, breated, fromer, peparal 0.61 0.08 28311 Chriskes, same, and chronical control 0.61 0.02 28311 Chriskes, same, and chronical fa 0.61 0.01 28319 Choises, same, and chronical fa 0.61 0.01 28319 Choises, same, and Chorther Plain Indians) 0.61 0.01 28310 Choises, same, and Chorther Plain Indians) 0.61 0.01 2926 Baylor, dimer, transfer, sice, and vegetables, solder 0.61 0.01 2926 Supp, nance noodle, borf flavor, dy 0.61 0.02 2021 Baylor, dimer, september, seed and seed of the seed of the seed and seed of the seed o	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
21526 CHCK-FIL-A. chicken sandwich 0.61 0.07 29978 Chicken tenders, breasted, frozen, prepared 0.61 0.06 27064 Washl 0.61 0.06 28311 Cookies, sugar wafer, chocolate-covered 0.61 0.13 28324 Cookies, suriead, relaxed fat 0.61 0.13 51977 Lambequarters, steamed (Nurhern Plans Indians) 0.61 0.10 52976 Babyfood, dinner, turkey, rice, and vegetables, oddler 0.61 0.10 09982 Bangt, maren cookie, ber firow, dry 0.61 0.12 09982 Sungr, maren cookie, ber firow, dry 0.61 0.02 09982 Sungr, maren cookie, ber firow, dry 0.61 0.02 11931 Wagourd, chinee preserving melon, row 0.61 0.02 12823 Fish, sarifsk, channel, wild, croked, ich ja hat 0.61 0.02 16162 Moren Very, for, silven, fire 0.61 0.02 18253 Daughtus, year-leavemed, glored, emriched (includes boney hurs) 0.61 0.02 18254 Moren, prepared fr	21244	WENDY'S, Homestyle Chicken Fillet Sandwich	0.61	0.14
2278 Chicken tenders, breaded, frozen, prepared 0.61 0.08 2704 Washi 0.61 0.06 2811 Coxies, sugar wafer, chorolate covered 0.61 0.25 2839 Coxies, conneal, coboed fa 0.61 0.13 28311 Coxies, Marie biscuit 0.61 0.10 32351 Caxies, conneal, coboed fa 0.61 0.01 32370 Lumboquarers, steamed (Northern Plains Indians) 0.61 0.01 32382 Babyrood, dinner, turkey, rice, and vegetables, toddier 0.61 0.02 05982 Sup, ramen roodle, beef flavor, dry 0.61 0.02 05981 Barans, deliyabetal, or binnary prowler 0.61 0.02 11933 Wasgond, Chinese preserving melon), raw 0.61 0.02 12923 Fish, caffals, channel, wild, cooked, day hear 0.61 0.02 16162 MORLINI, Tofu, silken, firm 0.61 0.02 1612 More, cared, channel, wild, cooked, day hear 0.61 0.02 1822 Muffirs, corm, prepared from seign, use pepared	21246	WENDY'S, Chicken Nuggets	0.61	0.06
27064 Washin 0.61 0.06 28311 Cookies, sugar wafer, chocolate-overed 0.61 0.26 23494 Cookies, Comain, Ireduced fut 0.61 0.13 28351 Cookies, Marie bitestit 0.61 0.10 31976 Lambequarres, steamed (Northern Plains Indians) 0.61 0.10 06082 Sunp, namen moalls, beef flavor, dry 0.61 0.12 06041 Banamas, deliydrated, or binama prowder 0.61 0.22 06042 Sunp, namen moalls, beef flavor, dry 0.61 0.02 06043 Banamas, deliydrated, or binama prowder 0.61 0.02 15233 Hish, cattish, channel, wild, cooked, dry beat 0.61 0.02 16244 Beans, pinto, canned, drained solids 0.61 0.22 16252 MoRFINIT, fortis, liken, fram 0.61 0.22 18261 Biscuits, plain or butermilk, dry mix, prepared 0.61 0.62 18282 Molfflow, corney perform recipe, made with low far (7%) mik 0.61 0.60 18282 Mufflins, corney perform recipe, m	21526	CHICK-FIL-A, chicken sandwich	0.61	0.07
28311 Cookies, sugar wafer, chocolate-covered 0.61 0.28 28349 Cookies, cumeal, reduced fit 0.61 0.13 28351 Cookies, furie biscuit 0.61 0.10 35197 Lambesquarters, steamed (Northern Plains Indians) 0.61 0.10 05296 Babyfond, dinner, turkey, rice, and vegetables, tradiller 0.61 0.12 06982 Soup, rumen noodle, beef flavor, dry 0.61 0.25 07941 Banamas, debyfanted, or bannan powder 0.61 0.25 11533 Waspourd, chimere preserving melon), mw 0.61 0.02 11543 Pisa, curlish, channel, wild, cooked, dry heat 0.61 0.26 16162 Bears, pintr, camend, drined smils 0.61 0.26 16162 MORL-NU. Toln, silken, firm 0.61 0.26 16162 Mortins, camend, drined smils 0.61 0.26 18255 Doughusty, sees-al-sewend, glazed, enriched (includes honey burs) 0.61 0.26 18252 Marffins, com, prepared from recipe, made with low fat (28) milk 0.60 0.26	22978	Chicken tenders, breaded, frozen, prepared	0.61	0.08
28349 Cookies, oatmeal, reduced fat 0.61 0.13 28351 Cookies, Maire biscuit 0.61 0.10 31597 Landsquarters, Sammed (Northern Plains Indians) 0.61 0.10 03296 Babyfood, dinner, turkey, rice, and vegetables, toddler 0.61 0.12 09982 Sope, ramen noodle, Seef flavor, dry 0.61 0.32 99941 Banausa, dehystrade, of brauna prowder 0.61 0.02 11593 Waxgurd, (chinesa preserving melon), raw 0.61 0.02 15233 Fish, certifak, channel, wild, cooked, dry beat 0.61 0.02 16162 MORI-NU, Tofu, silken, firm 0.61 0.02 18011 Biscatis, plain or buttermilk, dry mix, prepared 0.61 0.02 18025 Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) 0.61 0.02 18225 Muffins, corn, prepared from recipe, made with low fat (2%) milk 0.61 0.05 10237 Yogur, Greek, plain, forfut 0.60 0.02 01247 Babyfood, dinner, peared from recipe, made with low fat (2%) milk 0.60 <t< td=""><td>27064</td><td>Wasabi</td><td>0.61</td><td>0.06</td></t<>	27064	Wasabi	0.61	0.06
2835 Cookies, Marie biscuit 0.61 0.10 35197 Lambsquarters, steamed (Northern Plains Indians) 0.61 0.10 35296 Balysfood, dinner, turkey, rice, and vegetables, todder 0.61 0.10 06982 Soup, ramen noodle, beef flavor, dry 0.61 0.29 9944 Banams, dehydrated, or brannap powder 0.61 0.29 11593 Waxgourd, (chinese preserving melon, raw 0.61 0.02 16164 Beans, pinto, canned, drained solids 0.61 0.26 16162 MOREAU, Todu, silken, firm 0.61 0.26 16162 MOREAU, Todu, silken, firm 0.61 0.26 18255 Doughnus, yeast-leavened, glazed, enriched (includes honey buns) 0.61 0.02 18252 Muffins, corn, prepared from recipe, made with low fat (2%) milk 0.61 0.06 18282 kee cream sandwich 0.61 0.02 01283 kee cream sandwich 0.61 0.02 01284 Vegurt, Greek, plain, lowfat 0.60 0.02 03304 <t< td=""><td>28311</td><td>Cookies, sugar wafer, chocolate-covered</td><td>0.61</td><td>0.26</td></t<>	28311	Cookies, sugar wafer, chocolate-covered	0.61	0.26
35197 Lambsquarters, steamed (Northern Plains Indians) 0.61 0.10 03296 Babyfood, dimner, turkey, rice, and vegetables, toddler 0.61 0.12 06982 Soup, ramen noodle, boef flavor, dry 0.61 0.12 06941 Bananas, delydonded, or buanan powder 0.61 0.62 11593 Waxgoard, (chinese preserving melon), raw 0.61 0.62 15233 Fish, caffish, channel, wild, cooked, dry beat 0.61 0.62 16164 Beans, pinto, camed, drained solids 0.61 0.26 16162 MORI-NU, Toft, silken, firm 0.61 0.25 18011 Biscaits, plain or bulternilk, dry mix, prepared 0.61 0.49 18252 Morgin, corp, prepared from recipe, made with low fat (2%) milk 0.61 0.40 18282 Morffins, corp, prepared from recipe, made with low fat (2%) milk 0.61 0.60 01238 lee cream sandwich 0.60 0.60 01249 Vagurt, Greek, plain, lowfar 0.60 0.60 03347 Babyfood, dimner, beef noodle, strained 0.60 0.60	28349	Cookies, oatmeal, reduced fat	0.61	0.13
03296 Babyfood, dinner, turkey, rice, and vegetables, toddler 0.61 0.10 06982 Soup, ramen noodle, beef flavor, dry 0.61 0.12 09041 Bananas, debydrated, or banana powder 0.61 0.02 11593 Waxgourd, (chinese preserving melon), raw 0.61 0.02 15233 Fish, catfish, channel, wild, cooked, dry heat 0.61 0.02 16164 Beans, pinto, canned, drained solids 0.61 0.20 18011 Biscuits, plain or buttermilk, dry mix, prepared 0.61 0.02 18021 MolFlins, corn, prepared from recipe, made with low fat (2%) milk 0.61 0.09 18282 Doughnuts, yeast-leavened, glazed, enriched (includes honey bums) 0.61 0.09 18282 Molffins, corn, prepared from recipe, made with low fat (2%) milk 0.61 0.09 18282 Ice cream sandwich 0.60 0.02 10287 Yogur, Greek, plain, lowfat 0.60 0.02 3044 Babyfood, dimer, beef noodle, strained 0.60 0.05 3045 Babyfood, dimer, beef noodle, strained 0.60	28351	Cookies, Marie biscuit	0.61	0.10
06982 Soup, ramen nondle, beef flavor, dry 0.61 0.12 99841 Bananas, dehydrated, or banana powder 0.61 0.39 11593 Waxgourd, (chinese preserving melon, raw 0.61 0.02 15233 Fish, catfish, channel, wild, cooked, dry heat 0.61 0.04 16146 Beans, pinto, canned, drained solids 0.61 0.26 16162 MORT-NU, Tofu, silken, firm 0.61 0.20 18011 Biscuits, plain or butternilk, dry mix, prepared 0.61 0.02 18225 Doughnuts, yeast-leavened, glaved, enriched (includes honcy buns) 0.61 0.09 18282 Muffins, corn, prepared from recipe, made with low fat (2%) milk 0.61 0.06 01287 Yogurt, Greek, plain, lowfat 0.60 0.02 01287 Yogurt, Greek, plain, lowfat 0.60 0.02 03947 Babyfood, dinner, beef noodle, strained 0.60 0.05 03949 Babyfood, dinner, potatoes with cheese and ham, todller 0.60 0.06 03925 Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed 0.60 </td <td>35197</td> <td>Lambsquarters, steamed (Northern Plains Indians)</td> <td>0.61</td> <td>0.10</td>	35197	Lambsquarters, steamed (Northern Plains Indians)	0.61	0.10
69041 Banans, dehydrated, or banana powder 0.61 0.39 11593 Waxgourd, (chinese preserving melon), raw 0.61 0.02 15233 Fish, catfish, channel, wild, cooked, dry heat 0.61 0.04 16146 Beans, piñno, canned, drained solids 0.61 0.26 16162 MORL-NU, Tofu, silken, firm 0.61 0.20 18011 Biscuits, plain or buttermilk, dry mix, prepared 0.61 0.12 18255 Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) 0.61 0.06 18252 Muffins, corn, prepared from recipe, made with fow fat (2%) milk 0.61 0.06 01238 lcc cream sandwich 0.60 0.02 01237 Yogart, Greek, plain, lowfat 0.60 0.02 03404 Babyfood, dinner, potatoes with cheese and ham, toddler 0.60 0.05 03304 Babyfood, dinner, potatoes with cheese and ham, toddler 0.60 0.06 03304 Babyfood, dinner, potatoes with cheese and ham, toddler 0.60 0.06 03925 Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-fee	03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	0.61	0.10
11593 Waxgourd, (chinese preserving melon), raw 0.61 0.02 15233 Fish, catfish, channel, viidl, cooked, dry heat 0.61 0.04 16146 Beans, pinto, canned, drainel solids 0.61 0.26 16162 MORN-NU, Tofu, silken, firm 0.61 0.20 18011 Biscuits, plain or buttermilk, dry mix, prepared 0.61 0.09 18282 Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) 0.61 0.06 18282 Muffins, corn, prepared from recipe, made with low fat (2%) milk 0.61 0.06 01238 Ice cream sandwich 0.60 0.25 01287 Yogurt, Greek, plain, Iowfat 0.60 0.02 03047 Babyfood, dinner, beaf noodle, strained 0.60 0.05 03349 Babyfood, dinner, potatoes with cheese and ham, toddler 0.60 0.06 03925 Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed 0.60 0.06 05129 Chicken, sewing, light meat, meat only, raw 0.60 0.07 06039 Soup, minestrone, canned, chunky, ready-to-serve	06982	Soup, ramen noodle, beef flavor, dry	0.61	0.12
Fish, catfish, channel, wild, cooked, dry heat	09041	Bananas, dehydrated, or banana powder	0.61	0.39
16146 Beans, pinto, canned, drained solids 0.61 0.26 16162 MORI-NU, Tofu, silken, firm 0.61 0.20 18011 Biscuits, plain or buttermilk, dry mix, prepared 0.61 0.02 18255 Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) 0.61 0.06 18282 Muffins, corn, prepared from recipe, made with low fat (2%) milk 0.61 0.06 01238 Ice cream sandwich 0.60 0.25 01287 Yoguri, Greek, plain, lowfat 0.60 0.02 03047 Babyfood, dinner, beef noodle, strained 0.60 0.05 03304 Babyfood, dinner, potatoes with cheese and ham, toddler 0.60 0.06 03925 Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed 0.60 0.07 05129 Chicken, stewing, light meat, meat only, raw 0.60 0.07 06040 Soup, minestrone, canned, chunky, ready-to-serve 0.60 0.10 06056 Soup, cream of shrimp, canned, condensed 0.60 0.10 06057 Soup, tomato beef with noodle, canned, condensed	11593	Waxgourd, (chinese preserving melon), raw	0.61	0.02
16162 MORI-NU, Tofu, silken, firm 0.61 0.20 18011 Biscuits, plain or butternilk, dry mix, prepared 0.61 0.12 18255 Doughnuts, yeast-leavened, glazed, enriched (includes boney buns) 0.61 0.09 18282 Muffins, corn, prepared from recipe, made with low fat (2%) milk 0.60 0.05 01238 Ice cream sandwich 0.60 0.02 01287 Yogur, Greek, plain, lowfat 0.60 0.02 03047 Babyfood, dinner, beef noodle, strained 0.60 0.05 03304 Babyfood, dinner, potatoes with cheese and ham, toddler 0.60 0.06 03925 Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed 0.60 0.08 05129 Chicken, stewing, light meat, meat only, raw 0.60 0.07 06039 Soup, minestrone, canned, chunky, ready-to-serve 0.60 0.10 06040 Soup, minestrone, canned, condensed 0.60 0.10 06056 Soup, cream of shrimp, canned, condensed 0.60 0.10 06061 Soup, tream of chicken, dry, mix, prepared with water	15233	Fish, catfish, channel, wild, cooked, dry heat	0.61	0.04
18011 Biscuits, plain or buttermilk, dry mix, prepared 0.61 0.12 18255 Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) 0.61 0.09 18282 Muffins, corn, prepared from recipe, made with low fat (2%) milk 0.61 0.06 01238 lee cream sandwich 0.60 0.25 01287 Yogurt, Greek, plain, lowfat 0.60 0.02 03047 Babyfood, dinner, beef noodle, strained 0.60 0.05 03304 Babyfood, dinner, peotaces with cheese and ham, toddler 0.60 0.06 03925 Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed 0.60 0.06 05129 Chicken, stewing, light meat, meat only, raw 0.60 0.07 06039 Soup, minestrone, canned, chunky, ready-to-serve 0.60 0.10 06040 Soup, minestrone, canned, condensed 0.60 0.10 06056 Soup, cream of shirimp, canned, condensed 0.60 0.10 06048 Soup, tomato beef with noodle, canned, expanded with water 0.60 0.10 06483 Soup, cream of chicken, dry, m	16146	Beans, pinto, canned, drained solids	0.61	0.26
18255 Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) 0.61 0.09 18282 Muffins, corn, prepared from recipe, made with low fat (2%) milk 0.61 0.06 01238 Ice cream sandwich 0.60 0.25 01287 Yogurt, Greek, plain, lowfat 0.60 0.02 03047 Babyfood, dinner, beef noodle, strained 0.60 0.05 03304 Babyfood, dinner, potatoes with cheese and ham, toddler 0.60 0.06 03925 Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed 0.60 0.06 05129 Chicken, stewing, light meat, meat only, raw 0.60 0.07 06039 Soup, minestrone, canned, chunky, ready-to-serve 0.60 0.10 06040 Soup, minestrone, canned, condensed 0.60 0.10 06056 Soup, cream of shirimp, canned, condensed 0.60 0.10 06061 Soup, tomato beef with noodle, canned, with water 0.60 0.10 06483 Soup, cream of chicken, dry, mix, prepared with equal volume water 0.60 0.10 06583 Soup, cream of with n	16162	MORI-NU, Tofu, silken, firm	0.61	0.20
18282 Muffins, corn, prepared from recipe, made with low fat (2%) milk 0.61 0.06 01238 Ice cream sandwich 0.60 0.25 01287 Yogurt, Greek, plain, lowfat 0.60 0.02 03047 Babyfood, dinner, beef noodle, strained 0.60 0.05 03304 Babyfood, dinner, potatose with cheese and ham, toddler 0.60 0.06 03925 Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed 0.60 0.08 05129 Chicken, stewing, light meat, meat only, raw 0.60 0.07 06039 Soup, minestrone, canned, chunky, ready-to-serve 0.60 0.10 06040 Soup, minestrone, canned, condensed 0.60 0.10 06056 Soup, cream of shrimp, canned, condensed 0.60 0.10 06061 Soup, unato beef with noodle, canned, condensed 0.60 0.10 06483 Soup, cream of chicken, dry, mix, prepared with water 0.60 0.10 06547 Soup, beef mushroom, canned, prepared with equal volume water 0.60 0.10 06583 Soup, ramen noodle, any flavor, dry 0.60 0.13 07932 Chicken	18011	Biscuits, plain or buttermilk, dry mix, prepared	0.61	0.12
01238 Ice cream sandwich 0.60 0.25 01287 Yogurt, Greek, plain, lowfat 0.60 0.02 03047 Babyfood, dinner, beef noodle, strained 0.60 0.05 03304 Babyfood, dinner, potatoes with cheese and ham, toddler 0.60 0.06 03925 Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed 0.60 0.07 05129 Chicken, stewing, light meat, meat only, raw 0.60 0.07 06039 Soup, minestrone, canned, chunky, ready-to-serve 0.60 0.10 06040 Soup, minestrone, canned, condensed 0.60 0.10 06056 Soup, cream of shrimp, canned, condensed 0.60 0.10 06061 Soup, tomato beef with noodle, canned, condensed 0.60 0.10 06483 Soup, cream of chicken, dry, mix, prepared with water 0.60 0.10 06547 Soup, beef mushroom, canned, prepared with equal volume water 0.60 0.10 06583 Soup, ramen noodle, any flavor, dry 0.60 0.13 07932 Chicken breast, fat-free, mesquite flavor, sliced 0.	18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	0.61	0.09
01287 Yogurt, Greek, plain, lowfat 0.60 0.02 03047 Babyfood, dinner, beef noodle, strained 0.60 0.05 03304 Babyfood, dinner, potatoes with cheese and ham, toddler 0.60 0.06 03925 Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed 0.60 0.07 0639 Soup, minestrone, canned, chunky, ready-to-serve 0.60 0.10 0640 Soup, minestrone, canned, condensed 0.60 0.10 0656 Soup, cream of shrimp, canned, condensed 0.60 0.10 0661 Soup, tomato beef with noodle, canned, condensed 0.60 0.10 06483 Soup, cream of chicken, dry, mix, prepared with water 0.60 0.10 06547 Soup, beef mushroom, canned, prepared with equal volume water 0.60 0.10 06583 Soup, ramen noodle, any flavor, dry 0.60 0.13 07932 Chicken breast, fat-free, mesquite flavor, sliced 0.60 0.23 08159 Cereals, corn grits, yellow, regular and quick, enriched, dry 0.60 0.03 08560 Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax 0.60 0.61 <td>18282</td> <td>Muffins, corn, prepared from recipe, made with low fat (2%) milk</td> <td>0.61</td> <td>0.06</td>	18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	0.61	0.06
03047 Babyfood, dinner, beef noodle, strained 0.60 0.05 03304 Babyfood, dinner, potatoes with cheese and ham, toddler 0.60 0.06 03925 Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed 0.60 0.08 05129 Chicken, stewing, light meat, meat only, raw 0.60 0.07 06039 Soup, minestrone, canned, chunky, ready-to-serve 0.60 0.10 06040 Soup, minestrone, canned, condensed 0.60 0.10 06056 Soup, cream of shrimp, canned, condensed 0.60 0.10 06061 Soup, tomato beef with noodle, canned, condensed 0.60 0.10 06483 Soup, cream of chicken, dry, mix, prepared with water 0.60 0.10 06547 Soup, beef mushroom, canned, prepared with equal volume water 0.60 0.10 06583 Soup, ramen noodle, any flavor, dry 0.60 0.13 07932 Chicken breast, fat-free, mesquite flavor, sliced 0.60 0.23 08159 Cereals, corn grits, yellow, regular and quick, enriched, dry 0.60 0.03 08560 Cerea	01238	Ice cream sandwich	0.60	0.25
03304 Babyfood, dinner, potatoes with cheese and ham, toddler 0.60 0.06 03925 Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed 0.60 0.08 05129 Chicken, stewing, light meat, meat only, raw 0.60 0.07 06039 Soup, minestrone, canned, chunky, ready-to-serve 0.60 0.10 06040 Soup, minestrone, canned, condensed 0.60 0.10 06056 Soup, cream of shrimp, canned, condensed 0.60 0.10 06041 Soup, tomato beef with noodle, canned, condensed 0.60 0.10 06483 Soup, cream of chicken, dry, mix, prepared with water 0.60 0.10 06547 Soup, beef mushroom, canned, prepared with equal volume water 0.60 0.10 06583 Soup, ramen noodle, any flavor, dry 0.60 0.13 07932 Chicken breast, fat-free, mesquite flavor, sliced 0.60 0.23 08159 Cereals, corn grits, yellow, regular and quick, enriched, dry 0.60 0.61 08560 Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax 0.60 0.61	01287	Yogurt, Greek, plain, lowfat	0.60	0.02
03925 Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed 0.60 0.08 05129 Chicken, stewing, light meat, meat only, raw 0.60 0.07 06039 Soup, minestrone, canned, chunky, ready-to-serve 0.60 0.10 06040 Soup, minestrone, canned, condensed 0.60 0.10 06056 Soup, cream of shrimp, canned, condensed 0.60 0.10 06061 Soup, tomato beef with noodle, canned, condensed 0.60 0.10 06483 Soup, cream of chicken, dry, mix, prepared with water 0.60 0.10 06547 Soup, beef mushroom, canned, prepared with equal volume water 0.60 0.10 06583 Soup, ramen noodle, any flavor, dry 0.60 0.13 07932 Chicken breast, fat-free, mesquite flavor, sliced 0.60 0.23 08159 Cereals, corn grits, yellow, regular and quick, enriched, dry 0.60 0.03 08560 Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax 0.60 0.61	03047	Babyfood, dinner, beef noodle, strained	0.60	0.05
05129 Chicken, stewing, light meat, meat only, raw 0.60 0.07 06039 Soup, minestrone, canned, chunky, ready-to-serve 0.60 0.10 06040 Soup, minestrone, canned, condensed 0.60 0.10 06056 Soup, cream of shrimp, canned, condensed 0.60 0.10 06061 Soup, tomato beef with noodle, canned, condensed 0.60 0.10 06483 Soup, cream of chicken, dry, mix, prepared with water 0.60 0.10 06547 Soup, beef mushroom, canned, prepared with equal volume water 0.60 0.10 06583 Soup, ramen noodle, any flavor, dry 0.60 0.13 07932 Chicken breast, fat-free, mesquite flavor, sliced 0.60 0.23 08159 Cereals, corn grits, yellow, regular and quick, enriched, dry 0.60 0.03 08560 Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax 0.60 0.61	03304	Babyfood, dinner, potatoes with cheese and ham, toddler	0.60	0.06
06039 Soup, minestrone, canned, chunky, ready-to-serve 0.60 0.10 06040 Soup, minestrone, canned, condensed 0.60 0.10 06056 Soup, cream of shrimp, canned, condensed 0.60 0.10 06061 Soup, tomato beef with noodle, canned, condensed 0.60 0.10 06483 Soup, cream of chicken, dry, mix, prepared with water 0.60 0.10 06547 Soup, beef mushroom, canned, prepared with equal volume water 0.60 0.10 06583 Soup, ramen noodle, any flavor, dry 0.60 0.13 07932 Chicken breast, fat-free, mesquite flavor, sliced 0.60 0.23 08159 Cereals, corn grits, yellow, regular and quick, enriched, dry 0.60 0.03 08560 Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax 0.60 0.61	03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	0.60	0.08
06040 Soup, minestrone, canned, condensed 0.60 0.10 06056 Soup, cream of shrimp, canned, condensed 0.60 0.10 06061 Soup, tomato beef with noodle, canned, condensed 0.60 0.10 06483 Soup, cream of chicken, dry, mix, prepared with water 0.60 0.10 06547 Soup, beef mushroom, canned, prepared with equal volume water 0.60 0.10 06583 Soup, ramen noodle, any flavor, dry 0.60 0.13 07932 Chicken breast, fat-free, mesquite flavor, sliced 0.60 0.23 08159 Cereals, corn grits, yellow, regular and quick, enriched, dry 0.60 0.03 08560 Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax 0.60 0.61	05129	Chicken, stewing, light meat, meat only, raw	0.60	0.07
06056 Soup, cream of shrimp, canned, condensed 0.60 0.10 06061 Soup, tomato beef with noodle, canned, condensed 0.60 0.10 06483 Soup, cream of chicken, dry, mix, prepared with water 0.60 0.10 06547 Soup, beef mushroom, canned, prepared with equal volume water 0.60 0.10 06583 Soup, ramen noodle, any flavor, dry 0.60 0.13 07932 Chicken breast, fat-free, mesquite flavor, sliced 0.60 0.23 08159 Cereals, corn grits, yellow, regular and quick, enriched, dry 0.60 0.03 08560 Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax 0.60 0.61	06039	Soup, minestrone, canned, chunky, ready-to-serve	0.60	0.10
06061Soup, tomato beef with noodle, canned, condensed0.600.1006483Soup, cream of chicken, dry, mix, prepared with water0.600.1006547Soup, beef mushroom, canned, prepared with equal volume water0.600.1006583Soup, ramen noodle, any flavor, dry0.600.1307932Chicken breast, fat-free, mesquite flavor, sliced0.600.2308159Cereals, corn grits, yellow, regular and quick, enriched, dry0.600.0308560Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax0.600.61	06040	Soup, minestrone, canned, condensed	0.60	0.10
Soup, cream of chicken, dry, mix, prepared with water Soup, beef mushroom, canned, prepared with equal volume water 0.60 0.10 06583 Soup, ramen noodle, any flavor, dry 0.60 0.13 07932 Chicken breast, fat-free, mesquite flavor, sliced 0.60 0.23 08159 Cereals, corn grits, yellow, regular and quick, enriched, dry 0.60 0.03 08560 Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax 0.60 0.60 0.60	06056	Soup, cream of shrimp, canned, condensed	0.60	0.10
Soup, beef mushroom, canned, prepared with equal volume water 0.60 0.10 06583 Soup, ramen noodle, any flavor, dry 0.60 0.13 07932 Chicken breast, fat-free, mesquite flavor, sliced 0.60 0.23 08159 Cereals, corn grits, yellow, regular and quick, enriched, dry 0.60 0.03 08560 Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax 0.60 0.61	06061	Soup, tomato beef with noodle, canned, condensed	0.60	0.10
06583Soup, ramen noodle, any flavor, dry0.600.1307932Chicken breast, fat-free, mesquite flavor, sliced0.600.2308159Cereals, corn grits, yellow, regular and quick, enriched, dry0.600.0308560Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax0.600.61	06483	Soup, cream of chicken, dry, mix, prepared with water	0.60	0.10
Chicken breast, fat-free, mesquite flavor, sliced Cereals, corn grits, yellow, regular and quick, enriched, dry Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax 0.60 0.23 0.60 0.03 0.60 0.60	06547	Soup, beef mushroom, canned, prepared with equal volume water	0.60	0.10
Cereals, corn grits, yellow, regular and quick, enriched, dry 0.60 0.03 0.60 Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax 0.60 0.61	06583	Soup, ramen noodle, any flavor, dry	0.60	0.13
08560 Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax 0.60 0.61	07932	Chicken breast, fat-free, mesquite flavor, sliced	0.60	0.23
	08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	0.60	0.03
08562 Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry 0.60	08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	0.60	0.61
	08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	0.60	

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	0.60	
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	0.60	
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	0.60	
10006	Pork, fresh, separable fat, raw	0.60	0.07
11012	Asparagus, cooked, boiled, drained	0.60	0.16
11222	Drumstick leaves, raw	0.60	0.10
11705	Asparagus, cooked, boiled, drained, with salt	0.60	0.16
12095	Nuts, chestnuts, chinese, boiled and steamed	0.60	0.25
12116	Nuts, coconut cream, canned, sweetened	0.60	0.24
14019	Alcoholic beverage, tequila sunrise, canned	0.60	0.04
15117	Fish, tuna, fresh, bluefin, raw	0.60	0.09
15205	Fish, pollock, Atlantic, cooked, dry heat	0.60	0.06
15211	Fish, salmon, chum, cooked, dry heat	0.60	0.07
16163	MORI-NU, Tofu, silken, extra firm	0.60	0.20
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	0.60	
16517	WORTHINGTON Prime Stakes, canned, unprepared	0.60	
16535	WORTHINGTON Stripples, frozen, unprepared	0.60	
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	0.60	
16542	MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared	0.60	
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	0.60	
16615	MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared	0.60	
18010	Biscuits, plain or buttermilk, dry mix	0.60	0.15
18017	Biscuits, mixed grain, refrigerated dough	0.60	0.12
18024	Bread, combread, prepared from recipe, made with low fat (2%) milk	0.60	0.05
18128	Cake, snack cakes, creme-filled, sponge	0.60	0.15
18161	Cookies, chocolate chip, dry mix	0.60	0.30
18312	Pie, chocolate mousse, prepared from mix, no-bake type	0.60	0.20
18994	BEAR NAKED, Fruit & Druit & Cookies	0.60	
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	0.60	0.06
21033	Fast foods, sundae, hot fudge	0.60	0.08
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	0.60	0.07
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	0.60	
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	0.60	
22993	KASHI Spicy Black Bean Enchilada, frozen, unprepared	0.60	
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	0.60	
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	0.60	

2897 KEEBLER, BAKER'S TREASUES, Chocolate Chip Cookies 6.00 5. 2867 KEEBLER, CHIPS DELUXE, Oumeal Chocolate Chip Cookies 0.00 7. 2868 KEEBLER, CHIPS DELUXE, Rainbow Chocolate, Chip Cookies 0.00 7. 2869 KEEBLER, CHIPS, Bills DELUXE, Rainbow Chocolate, Chip Cookies 0.00 7. 2879 KEEBLER, CHIPS, Bills DELUXE, SIMOPP, Common Chocalies 0.00 7. 2879 KEHILI RS, LI LIOKE, SIMOPP, Common Deams Chockies 0.00 7. 2879 KEHILI RS, LI LIOKE, SIMOPP, Common Deams Chockies 0.00 7. 2810 KEHILI RS, LI LIOKE, SIMOPP, Limbor Unique Nicks, Piena Billate 0.00 7. 2817 KEBBLER, ANDERS, Deck Chocolate, Rainbow Chockies, Nies Sive 0.00 7. 2818 KEBBLER, ANDERS, Deck Chocolate, Billade Biles 0.00 7. 2819 KEBLER, SANDES, Poera Similared Chokies, Nies Sive 0.00 7. 2821 MURRAY, SUGAR, FREEF, Peera Shorted Chocale Baled Biles 0.00 7. 2822 MURRAY, SUGAR, FREEF, Peera Shorted Chocale Buller Biles, Rainbow Chocale Biles Biles Rainbow 0.00 7.	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
2006 KFBBLR CLUB Mink Original Crackers 6.06	28047	KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft	0.60	
2806 KEBLIER, CLUB, Minis Original Crackers 0.60	28057	KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies	0.60	
28074 KEEBLER, EL, FUDGE, Busch Flavored Cookies 0.60 -2 28075 KEEBLER, FUDGE SKIOPE, Cocount Dreams Cookies 0.60 -2 28076 KEEBLER, FUDGE SKIOPEP, Lands Delay Skicks, Panul Burter 0.60 -2 28173 KFEBLER, FU, OC Calvier, RIGHT BITTS, FUDGE SHIOPPF, Min Brownes 0.60 -2 28126 KEEBLER, SLODELS, Death Chocada Homol Shottbead Cookies 0.60 -2 28128 KEEBLER, SANDILS, Pecus Shortbread Cookies, bite size 0.60 -2 28128 KEELLOGS, POP-TAKIS MINI CKISPS, Frosted Chocadas Baked Bites 0.60 -2 28129 MURRAY, SUGAR FREE, Funds Shortbread Cookies 0.60 -2 28220 MURRAY, SUGAR FREE, Funds Shortbread Cookies 0.60 -2 28221 MURRAY, SUGAR FREE, Funds Shortbread Cookies 0.60 -2 28221 MURRAY, SUGAR FREE, Funds Shortbread Funds 0.60 -2 28221 MURRAY, SUGAR FREE, Coocabet Chip Cookies 0.60 -2 28232 Panukas, Jain, bur d, dy mx. in complete (includes butermilk) 0.60 -2 28233 Panuckas, Jain, bur d,	28060	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies	0.60	
28079 KEBBLER, FUDGE SHOPPE, Comunt Drouge Sticks, Peanus Butter 0.60 - 28095 KEBBLER, FUDGE SHOPPE, Lumbr Drouge Sticks, Peanus Butter 0.60 - 28103 KEBBLER, GRUDE, CHIPS DELUZE, Raibow Chocolact Dity Coolies, bits-size 0.60 - 28117 KEBBLER, 100 Calorie RGITT BITES, FUDGE SHOPPE, Mini Brownies 0.60 - 28128 KEBBLER, SANDIES, Dank Chocolact Almond Shorthread Cookies 0.60 - 28128 KEBBLER, SANDIES, Dean Shorthread Cookies, bits size 0.60 - 28128 KEBLELER, SANDIES, Dean Shorthread Cookies bits size 0.60 - 28128 KEBLELER, SANDIES, Dean Shorthread Cookies 0.60 - 28220 MURRAY, SUGAR FREE, Pean Shorthcad Cookies 0.60 - 28221 MURRAY, SUGAR FREE, Pean Shorthcad Cookies 0.60 - 28221 SUSHINEC, CIEEZ-IT, 100 Calorie Right Bites, Reduced Fut 0.60 - 28231 SUSHINEC, CIEEZ-IT, Roduced Trackers 0.60 - 28242 MURRAY, SUGAR FREE, Pean Shorthcad Cookies 0.60 - 28251 SUSHINEC, CIEEZ-IT,	28065	KEEBLER, CLUB, Minis Original Crackers	0.60	
2805 KEBBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peant Butter 0.60 - 28103 KEBBLER, CRIPZ, CHIPS DEUVE, Ranbow Chocolate Chip Cookies, bite-size 0.60 - 28126 KEBBLER, SANDIES, Dark Chocolate Almond Shorthread Cookies 0.60 - 28128 KEBBLER, SANDIES, Pears Bhorthread Cookies, bite size 0.60 - 28128 KEBBLER, SANDIES, Pears Bhorthread Cookies, bite size 0.60 - 28129 MOTHERS, Coconat Coachas Cookies 0.60 - 28220 MURRAY, SUGAR FREE, Peagle Dipped Grahams 0.60 - 28221 MURRAY, SUGAR FREE, Peagle Dipped Grahams 0.60 - 28222 MURRAY, SUGAR FREE, Peach Shorthread Cookies 0.60 - 28223 MURRAY, SUGAR FREE, Peach Shorthread Cookies 0.60 - 28224 MURRAY, SUGAR FREE, Chocolate Chip Cookies 0.60 - 28221 SUNSHINE, CHEEZ-IT, Bockalee Chip Cookies 0.60 - 28221 MURRAY, SUGAR FREE, Peach Shorthread Cookies 0.60 - 28222 MURRAY, SUGAR FREE, Peach Shorthread Cookies 0.60	28074	KEEBLER, E.L. FUDGE, Butter Flavored Cookies	0.60	
2830 KEEBLER, OR LIPS DELUXE, Rainbow Chocolate Chip Cookies, hite size 0.60 28117 KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies 0.60 28128 KEEBLER, SANDIES, Date Chocolate Almond Shorthereal Cookies 0.60 28184 KEEBLER, SANDIES, Pecan Shorthereal Cookies, the size 0.60 28197 MURRAY, SUGAR FREE, Fisting Dipped Grahams 0.60 28222 MURRAY, SUGAR FREE, Fisting Dipped Grahams 0.60 28231 SUNSHINK, CHEF-ZH, 100 Caloric Right Riles, Reduced Far 0.60 28232 MURRAY, SUGAR FREE, Fisting Chip Crokies 0.60 28231 SUNSHINK, CHEF-ZH, 100 Caloric Right Riles, Reduced Far 0.60 28241 SUNSHINK, CHEF-ZH, Reduced Far Crackers 0.60 28252 Bulk Ray, SUGAR FREE, Fisting Chick lades buttermilk) 0.60 28261 SUNSHINK, CHEF-ZH, Reduced Far Crackers 0.60 0.05 2827 Murray, SUGAR FREE, Fisting Chick lades buttermilk) 0.60 0.05 2828 Bulyfood, geen bea	28079	KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies	0.60	
28117 KEEBLER, 100 Caloric RIGHT BITES, PLDGE SHOPPE, Mini Brownies 0.60 - 28126 KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies 0.60 - 28128 KEEBLER, SANDIES, Popt-TARTS MINI CRISPS, Frosted Chocolate Baked Bites 0.60 - 28197 MOTHERS, Coconul Cocadas Cookies 0.60 - 28222 MURRAY, SUGAR FREE, Fudge Dipped Grahams 0.60 - 28225 MURRAY, SUGAR FREE, Pean Shortbread Cookies 0.60 - 28226 MURRAY, SUGAR FREE, Checolate Chip Cookies 0.60 - 28227 SUNSHINE, CHEEZ-TI, 100 Caloric Right Bites, Reduced Fat 0.60 - 28228 SUNSHINE, CHEEZ-TI, Reduced Fat Cruckers 0.60 - 28231 SUNSHINE, CHEEZ-TI, Reduced Fat Cruckers 0.60 - 28282 SUNSHINE, CHEEZ-TI, Reduced Fat Cruckers 0.60 - 28283 Pancakes, Pain, Me fat, dy mix, incomplete (includes butternilk) 0.60 0.52 28281 Babyfood, green beans and turkey, strained 0.59 0.05 18365 Well See, pain, frozen, ready-to-beat <	28095	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter	0.60	
28126 KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies — 28128 KEEBLER, SANDIES, Pear Shortbread Cookies, bile size 6.0 - 28184 KEEBLER, SANDIES, Pear Shortbread Cookies 6.0 - 28197 MOTHERS, Coconut Cocadas Cookies 6.0 - 28220 MURRAY, SUGAR FREE, Feating Dipped Grahums 6.0 - 28221 MURRAY, SUGAR FREE, Feating Shortbread Cookies 6.0 - 28223 MURRAY, SUGAR FREE, Feating Shortbread Cookies 6.0 - 28231 SUNSHINE, CHEEZ-TT, 100 Coloris Right Bits, Rothacd Fat 6.0 - 28231 SUNSHINE, CHEEZ-TT, 100 Coloris Right Bits, Rothacd Fat 6.0 - 28232 BUNSHINE, CHEEZ-TT, 100 Coloris 6.0 - 28231 SUNSHINE, CHEEZ-TT, Roduced Fat Crackers 6.0 - 28232 Bullyfood, gene beans and utricky, strained 6.0 - 28233 Sweet rolls, clinamon, commercially prepared with raisins 6.0 - 18364 Walflee, plain, frozen, ready-to-beat 6.0 - 18375 <td>28103</td> <td>KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size</td> <td>0.60</td> <td></td>	28103	KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size	0.60	
28128 KEEBLER. SANDIES, Pecan Shortbread Cookies, bite size 0.60 — 28184 KELLOGGS, POP-TARTS MINI CKISPS, Frosted Chocolate Baked Bites 0.60 — 28197 MOTHER S, Coconut Cocadas Cookies 0.60 — 28222 MURRAY, SUGAR FREE, Pedas Shortbread Cookies 0.60 — 28226 MURRAY, SUGAR FREE, Pecan Shortbread Cookies 0.60 — 28271 MURRAY, SUGAR FREE, Chocolate Chip Cookies 0.60 — 28281 SUNSHINE, CHEEZ-TI, Reloced Fall Crackers 0.60 — 28281 SUNSHINE, CHEEZ-TI, Reloced Fall Crackers 0.60 — 282821 SUNSHINE, CHEEZ-TI, Reloced Fall Crackers 0.60 — 282831 SUNSHINE, CHEEZ-TI, Reloced Fall Crackers 0.60 — 282841 SUNSHINE, CHEEZ-TI, Reloced Fall Crackers 0.60 — 282842 SUNSHINE, CHEEZ-TI, Reloced Fall Crackers 0.60 — 28284 SUNSHINE, CHEEZ-TI, Reloced Fall Crackers 0.60 — 28284 Sunshinose, plant All Syman All Marchashin strains 0.60 —	28117	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies	0.60	
28184 KELLOGGS, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites 0.60 - 28197 MOTHERS, Coconut Cocadeas Cookies 0.60 - 28222 MURRAY, SUGAR FREE, Peach Shorthread Cookies 0.60 - 28225 MURRAY, SUGAR FREE, Peach Shorthread Cookies 0.60 - 28251 SUNSHINS, CHEEZ-IT, 100 Caloric Right Bites, Reduced Fat 0.60 - 28271 MURRAY, SUGAR FREE, Chocolate Chip Cookies 0.60 - 28281 SUNSHINS, CHEEZ-IT, Reduced Fat Crackers 0.60 - 28281 SUNSHINS, CHEEZ-IT, Reduced Fat Crackers 0.60 0.12 28282 Pancakes, plain, Iow fat, dry mis, incomplete (includes buttermilk) 0.60 0.02 28281 Sunshins, CHEEZ-IT, Reduced Fat Crackers 0.60 0.02 28282 Babyfood, green beans and turkey, strained 0.60 0.02 28283 Supstance, Incade, Carlos, Chickens, Incade, Supstance, Supstance, Incade, Supstance, Incade, Supstan	28126	KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies	0.60	
28197 MOTHERS, Coconutr Cocadas Cookies	28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	0.60	
28222 MURRAY, SUGAR FREE, Fudge Dipped Grahams 0.00 -2 28226 MURRAY, SUGAR FREE, Pean Shortbread Cookies 0.60 -2 28251 SUNSHINE, CHEEZ-TT, 100 Caloric Right Bites, Reduced Fat 0.60 -2 28277 MURRAY, SUGAR FREE, Chocolate Chip Cookies 0.60 -2 28281 SUNSHINE, CHEEZ-TT, Reduced Fat Crackers 0.60 0.12 28282 Pancakes, plain, fow fat, dry mix, incomplete (includes butternilk) 0.60 0.02 28282 Babyfood, green beans and turkey, strained 0.60 0.02 18356 Sweet rolls, cinnamon, commercially prepared with raisins 0.59 0.00 18365 Waffles, plain, frozen, ready-to-heat 0.59 0.00 18367 Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style 0.59 0.05 21290 Fast foods, chicken, breaded and fried, boneless pieces, plain 0.59 0.05 21309 McDONALD'S, Chicken McNUGGETS 0.59 0.05 21417 POPEYES, Mild Chicken Suries, analyzed 2006 0.59 0.07 21508 WENDYS, Crisyy Chicken Sandwich <td>28184</td> <td>KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites</td> <td>0.60</td> <td></td>	28184	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites	0.60	
28226 MURRAY, SUGAR FREE, Pean Shorthread Cookies 0.60 28251 SUNSHINE, CHEEZ-TT, 100 Calorie Right Bites, Reduced Fat 0.60 28277 MURRAY, SUGAR FREE, Chocolate Chip Cookies 0.60 28281 SUNSHINE, CHEEZ-TT, Reduced Fat Crackers 0.60 0.72 28282 Dancakes, plain, low fat, dry mis, incomplete (includes butternilk) 0.60 0.12 42286 Babyfood, green beans and turkey, strained 0.60 0.05 18355 Sweet colls, cinnamon, commercially prepared with raisins 0.59 0.00 18365 Waffles, plain, frozen, ready-to-heat 0.59 0.00 18365 Waffles, plain, frozen, ready-to-heat 0.59 0.00 18957 Cake, pound, BiMBO Bakeries USA, Panque Casero, home baked style 0.59 0.05 21229 Fast fooks, chicken, breaded and fried, boneless pieces, plain 0.59 0.05 21417 POPEYES, Mild Chicken Strips, analyzed 2006 0.59 0.07 21508 WENDYS, Crispy Chicken Sandwich 0.59 0.05 03685 Babyfood, cereal, mixed, prepared	28197	MOTHER'S, Coconut Cocadas Cookies	0.60	
28251 SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat 0.60 28277 MURRAY, SUGAR FREE, Chocolate Chip Cookies 0.60 28281 SUNSHINE, CHEEZ-IT, Reduced Fat Crackers 0.60 0.72 28232 Pancakes, plain, low fat, dry mix, incomplete (includes butternilk) 0.60 0.05 42286 Babyfood, green beans and turkey, strained 0.60 0.05 18355 Sweet rolls, cinnamon, commercially prepared with raisins 0.59 0.09 18365 Waffles, plain, frozen, ready-to-heat 0.59 0.04 18957 Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style 0.59 0.05 2129 Fast foods, chicken, breaded and fried, boneless pieces, plain 0.59 0.05 21309 McDONALDS, Chicken McUGGETS 0.59 0.05 21417 POPEYES, Mild Chicken Sandyvich 0.59 0.07 21508 WENDYS, Crispy Chicken Sandvich 0.59 0.07 0116 Yogurt, plain, whole milk, 8 grams protein per 8 ounce 0.59 0.07 0365 Babyfood, cyeral, mixed, prepared with whole	28222	MURRAY, SUGAR FREE, Fudge Dipped Grahams	0.60	
28277 MURRAY, SUGAR FREE, Chocolate Chip Cookies 0.60 28281 SUNSHINE, CHEEZ-IT, Reduced Fat Crackers 0.60 28232 Parcakes, plain, flow fat, dry mix, incomplete (includes buttermilk) 0.60 0.12 42286 Babyfood, green beans and turkey, strained 0.60 0.05 18356 Sweet rolls, cinnamon, commercially prepared with raisins 0.59 0.09 18365 Walfles, plain, frozen, ready-to-heat 0.59 0.04 18957 Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style 0.59 0.06 21229 Fast foods, chicken, breaded and fried, boneless pieces, plain 0.59 0.05 21309 McDONALD'S, Chicken McNUGGETS 0.59 0.05 21417 POPEYES, Mild Chicken Surlya, analyzed 2006 0.59 0.05 21508 WEND'YS, Crispy Chicken Sandwich 0.59 0.07 0116 Yogurt, plain, whole milk, grams protein per 8 ounce 0.59 0.01 03855 Babyfood, cereal, mixed, prepared with whole milk 0.59 0.05 03964 Babyfood, yogurt, whole milk, with f	28226	MURRAY, SUGAR FREE, Pecan Shortbread Cookies	0.60	
28281 SUNSHINE, CHEEZ-IT, Reduced Fat Crackers 0.00 28323 Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk) 0.60 0.12 42286 Babyfood, green beans and turkey, strained 0.60 0.05 18356 Sweet rolls, cinnamon, commercially prepared with raisins 0.59 0.09 18365 Waffles, plain, frozen, ready-to-heat 0.59 0.04 18957 Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style 0.59 0.05 21229 Fast foods, chicken, breaded and fried, boneless pieces, plain 0.59 0.05 21239 McDONALDS, Chicken McNUGGETS 0.59 0.05 21417 POPEYES, Mild Chicken Strips, analyzed 2006 0.59 0.05 21508 WENDYS, Crispy Chicken Sandwich 0.59 0.05 0116 Yogurt, plain, whole milk, 8 grams protein per 8 ounce 0.59 0.05 03956 Babyfood, cereal, mixed, prepared with whole milk 0.59 0.05 03964 Babyfood, fortified cereal bar, fruit filling 0.59 0.05 03987 Infant formula, GERBER, GOOD STA	28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	0.60	
28323 Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk) 0.60 0.12 42286 Babyfood, green beans and turkey, strained 0.60 0.05 18356 Sweet rolls, cinnamon, commercially prepared with raisins 0.59 0.09 18365 Waffles, plain, frozen, ready-to-heat 0.59 0.04 18957 Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style 0.59 0.05 21229 Fast foods, chicken, breaded and fried, boneless pieces, plain 0.59 0.05 21309 McDONALD'S, Chicken McNUGGETS 0.59 0.05 21417 POPEYES, Mild Chicken Strips, analyzed 2006 0.59 0.06 21508 WEND'YS, Crispy Chicken Sandwich 0.59 0.07 01116 Yogut, plain, whole milk, 8 grams protein per 8 ounce 0.59 0.01 03855 Babyfood, cereal, mixed, prepared with whole milk 0.59 0.05 03956 Babyfood, gourt, whole milk, with fruit, multigrain cereal and added DHA fortified 0.59 0.08 03964 Babyfood, fortified cereal bar, fruit filling 0.59 0.08 03987 Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed 0.	28277	MURRAY, SUGAR FREE, Chocolate Chip Cookies	0.60	
42286 Babyfood, green beans and turkey, strained 0.60 0.05 18356 Sweet rolls, cinnamon, commercially prepared with raisins 0.59 0.09 18365 Waffles, plain, frozen, ready-to-heat 0.59 0.04 18957 Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style 0.59 0.06 21229 Fast foods, chicken, breaded and fried, boneless pieces, plain 0.59 0.05 21309 McDONALDS, Chicken McNUGGETS 0.59 0.05 21417 POPEYES, Mild Chicken Strips, analyzed 2006 0.59 0.06 21508 WENDYS, Crispy Chicken Sandwich 0.59 0.07 01116 Yogurt, plain, whole milk, 8 grams protein per 8 ounce 0.59 0.07 0116 Yogurt, plain, whole milk, 8 grams protein per 8 ounce 0.59 0.02 03956 Babyfood, cereal, mixed, prepared with whole milk 0.59 0.02 03964 Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified 0.59 0.02 03967 Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed 0.59 0.05 06	28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	0.60	
18356 Swet rolls, cinnamon, commercially prepared with raisins 0.59 0.09 18365 Waffles, plain, frozen, ready-to-heat 0.59 0.04 18957 Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style 0.59 0.05 21229 Fast foods, chicken, breaded and fried, boneless pieces, plain 0.59 0.05 21309 McDONALD'S, Chicken McNUGGETS 0.59 0.05 21417 POPEYES, Mild Chicken Strips, analyzed 2006 0.59 0.06 21508 WEND'YS, Crispy Chicken Sandwich 0.59 0.07 01116 Yogurt, plain, whole milk, 8 grams protein per 8 ounce 0.59 0.01 03685 Babyfood, cereal, mixed, prepared with whole milk 0.59 0.06 03956 Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified 0.59 0.08 03964 Babyfood, fortified cereal bar, fruit filling 0.59 0.05 0693 Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed 0.59 0.05 06983 Soup, ramen noodle, chicken flavor, dry 0.59 0.13 1018 Asparagus, frozen, unprepared 0.59 0.13 </td <td>28323</td> <td>Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)</td> <td>0.60</td> <td>0.12</td>	28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	0.60	0.12
18365 Waffles, plain, frozen, ready-to-heat 0.59 0.04 18957 Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style 0.59 0.06 21229 Fast foods, chicken, breaded and fried, boneless pieces, plain 0.59 0.05 21309 McDONALD'S, Chicken McNUGGETS 0.59 0.05 21417 POPEYES, Mild Chicken Strips, analyzed 2006 0.59 0.06 21508 WEND'YS, Crispy Chicken Sandwich 0.59 0.07 01116 Yogurt, plain, whole milk, 8 grams protein per 8 ounce 0.59 0.01 03685 Babyfood, cereal, mixed, prepared with whole milk 0.59 0.06 03956 Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified 0.59 0.02 03964 Babyfood, fortified cereal bar, fruit filling 0.59 0.08 03987 Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed 0.59 0.05 06434 CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup 0.59 0.13 06983 Soup, ramen noodle, chicken flavor, dry 0.59 0.13 11018 Asparagus, frozen, unprepared 0.59 0.14	42286	Babyfood, green beans and turkey, strained	0.60	0.05
18957 Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style 0.59 0.06 21229 Fast foods, chicken, breaded and fried, boneless pieces, plain 0.59 0.05 21309 McDONALD'S, Chicken McNUGGETS 0.59 0.05 21417 POPEYES, Mild Chicken Strips, analyzed 2006 0.59 0.06 21508 WEND'YS, Crispy Chicken Sandwich 0.59 0.07 01116 Yogurt, plain, whole milk, 8 grams protein per 8 ounce 0.59 0.01 03685 Babyfood, cereal, mixed, prepared with whole milk 0.59 0.06 03956 Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified 0.59 0.02 03964 Babyfood, fortified cereal bar, fruit filling 0.59 0.05 03987 Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed 0.59 0.05 06434 CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup 0.59 0.13 06983 Soup, ramen noodle, chicken flavor, dry 0.59 0.13 11018 Asparagus, frozen, unprepared 0.59 0.14	18356	Sweet rolls, cinnamon, commercially prepared with raisins	0.59	0.09
21229 Fast foods, chicken, breaded and fried, boneless pieces, plain 0.59 0.05 21309 McDONALD'S, Chicken McNUGGETS 0.59 0.05 21417 POPEYES, Mild Chicken Strips, analyzed 2006 0.59 0.06 21508 WEND'YS, Crispy Chicken Sandwich 0.59 0.07 01116 Yogurt, plain, whole milk, 8 grams protein per 8 ounce 0.59 0.01 03685 Babyfood, cereal, mixed, prepared with whole milk 0.59 0.06 03956 Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified 0.59 0.02 03964 Babyfood, fortified cereal bar, fruit filling 0.59 0.08 03987 Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed 0.59 0.05 06434 CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup 0.59 0.03 06983 Soup, ramen noodle, chicken flavor, dry 0.59 0.13 11018 Asparagus, frozen, unprepared 0.59 0.14	18365	Waffles, plain, frozen, ready-to-heat	0.59	0.04
21309 McDONALD'S, Chicken McNUGGETS 0.59 0.05 21417 POPEYES, Mild Chicken Strips, analyzed 2006 0.59 0.06 21508 WEND'YS, Crispy Chicken Sandwich 0.59 0.07 01116 Yogurt, plain, whole milk, 8 grams protein per 8 ounce 0.59 0.01 03685 Babyfood, cereal, mixed, prepared with whole milk 0.59 0.06 03956 Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified 0.59 0.02 03964 Babyfood, fortified cereal bar, fruit filling 0.59 0.08 03987 Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed 0.59 0.05 06434 CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup 0.59 0.03 06983 Soup, ramen noodle, chicken flavor, dry 0.59 0.13 11018 Asparagus, frozen, unprepared 0.59 0.14	18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	0.59	0.06
21417 POPEYES, Mild Chicken Strips, analyzed 2006 0.59 0.06 21508 WEND'YS, Crispy Chicken Sandwich 0.59 0.07 01116 Yogurt, plain, whole milk, 8 grams protein per 8 ounce 0.59 0.01 03685 Babyfood, cereal, mixed, prepared with whole milk 0.59 0.06 03956 Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified 0.59 0.02 03964 Babyfood, fortified cereal bar, fruit filling 0.59 0.08 03987 Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed 0.59 0.05 06434 CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup 0.59 0.03 06983 Soup, ramen noodle, chicken flavor, dry 0.59 0.13 11018 Asparagus, frozen, unprepared 0.59 0.14	21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	0.59	0.05
21508 WEND'YS, Crispy Chicken Sandwich 0.59 0.07 01116 Yogurt, plain, whole milk, 8 grams protein per 8 ounce 0.59 0.01 03685 Babyfood, cereal, mixed, prepared with whole milk 0.59 0.06 03956 Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified 0.59 0.02 03964 Babyfood, fortified cereal bar, fruit filling 0.59 0.08 03987 Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed 0.59 0.05 06434 CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup 0.59 0.03 06983 Soup, ramen noodle, chicken flavor, dry 0.59 0.13 11018 Asparagus, frozen, unprepared 0.59 0.14	21309	McDONALD'S, Chicken McNUGGETS	0.59	0.05
O1116Yogurt, plain, whole milk, 8 grams protein per 8 ounce0.590.0103685Babyfood, cereal, mixed, prepared with whole milk0.590.0603956Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified0.590.0203964Babyfood, fortified cereal bar, fruit filling0.590.0803987Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed0.590.0506434CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup0.590.0306983Soup, ramen noodle, chicken flavor, dry0.590.1311018Asparagus, frozen, unprepared0.590.14	21417	POPEYES, Mild Chicken Strips, analyzed 2006	0.59	0.06
Babyfood, cereal, mixed, prepared with whole milk Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified Babyfood, fortified cereal bar, fruit filling Babyfood, fortified cereal bar, fruit filling Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup Soup, ramen noodle, chicken flavor, dry Asparagus, frozen, unprepared O.59 O.13	21508	WEND'YS, Crispy Chicken Sandwich	0.59	0.07
Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified 0.59 0.08 0.3964 Babyfood, fortified cereal bar, fruit filling 0.59 0.08 0.3987 Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed 0.59 0.6434 CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup 0.59 0.03 0.03 0.05 0.05 0.05 0.05 0.05 0.05 0.05 0.05 0.05 0.05 0.05 0.05 0.05 0.05 0.05 0.05 0.05	01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	0.59	0.01
03964Babyfood, fortified cereal bar, fruit filling0.590.0803987Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed0.590.0506434CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup0.590.0306983Soup, ramen noodle, chicken flavor, dry0.590.1311018Asparagus, frozen, unprepared0.590.14	03685	Babyfood, cereal, mixed, prepared with whole milk	0.59	0.06
03987Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed0.590.0506434CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup0.590.0306983Soup, ramen noodle, chicken flavor, dry0.590.1311018Asparagus, frozen, unprepared0.590.14	03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	0.59	0.02
06434CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup0.590.0306983Soup, ramen noodle, chicken flavor, dry0.590.1311018Asparagus, frozen, unprepared0.590.14	03964	Babyfood, fortified cereal bar, fruit filling	0.59	0.08
06983Soup, ramen noodle, chicken flavor, dry0.590.1311018Asparagus, frozen, unprepared0.590.14	03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	0.59	0.05
11018 Asparagus, frozen, unprepared 0.59 0.14	06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	0.59	0.03
	06983	Soup, ramen noodle, chicken flavor, dry	0.59	0.13
11190 Cornsalad, raw 0.59	11018	Asparagus, frozen, unprepared	0.59	0.14
	11190	Cornsalad, raw	0.59	0.13

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
11298	Parsnips, raw	0.59	0.12
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	0.59	0.02
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	0.59	0.02
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	0.59	0.24
15194	Fish, mahimahi, cooked, dry heat	0.59	0.05
16079	Mothbeans, mature seeds, cooked, boiled, without salt	0.59	0.16
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	0.59	0.26
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	0.59	0.25
16379	Mothbeans, mature seeds, cooked, boiled, with salt	0.59	0.16
18071	Bread, white, prepared from recipe, made with nonfat dry milk	0.59	0.11
18103	Coffeecake, cheese	0.59	0.05
18134	Cake, sponge, prepared from recipe	0.59	0.06
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	0.59	0.20
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	0.58	0.05
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	0.58	
11088	Broadbeans, immature seeds, raw	0.58	0.07
11278	Okra, raw	0.58	0.11
11318	Peas and carrots, canned, regular pack, solids and liquids	0.58	0.10
11324	Peas and onions, canned, solids and liquids	0.58	0.10
11442	Seaweed, agar, raw	0.58	0.06
11816	Peas and carrots, canned, no salt added, solids and liquids	0.58	0.10
15016	Fish, cod, Atlantic, cooked, dry heat	0.58	0.04
15017	Fish, cod, Atlantic, canned, solids and liquid	0.58	0.04
15199	Fish, lingcod, cooked, dry heat	0.58	0.04
15214	Fish, seatrout, mixed species, cooked, dry heat	0.58	0.04
15235	Fish, catfish, channel, farmed, cooked, dry heat	0.58	0.04
15264	Salmon, sockeye, canned, drained solids, without skin and bones	0.58	0.07
16103	Refried beans, canned, traditional style (includes USDA commodity)	0.58	0.13
16403	Refried beans, canned, traditional, reduced sodium	0.58	0.13
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	0.58	0.22
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	0.58	0.32
18193	Cookies, shortbread, commercially prepared, pecan	0.58	0.15
18199	Cookies, chocolate sandwich, with creme filling, special dietary	0.58	0.22
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	0.58	0.06
19039	Snacks, popcorn, caramel-coated, without peanuts	0.58	0.12
19270	Ice creams, chocolate	0.58	0.14

1937 Candisc, foute, chose the marshandlow, prepack-from except 0.88 0.12 1940 Race, counts, ceptaln, low carbohydrac, chociane 0.88 0.14 1989 Ex reconst, regular, low carbohydrac, chociane 0.38 0.10 2106 Fast food, shis and/oth, with turtur sace and chess 0.88 0.07 2122 Ste food, shis and/oth, with turtur sace and chess 0.88 0.07 2333 Bread, glutte-free, whole grain, made with tupics starch and brown rice flour 0.58 0.07 2337 UDES, cluster free, Soft Ramp; Hearty Whole Grain Bread 0.88 0.07 2403 UDES, cluster free, Soft Ramp; Hearty Whole Grain Bread 0.58 0.07 2610 UDES, cluster free, Soft Ramp; Hearty Whole Grain Bread 0.07 0.07 2610 UDES, Cluster free, Soft Ramp; Hearty Whole Grain Bread 0.07 0.07 2610 UDES, Cluster free, whole grain, made with tupics starch and brown rice flour 0.07 0.07 2610 UDES, Cluster, Archae, and Samp; Chees, from kids near 0.07 0.07 2611 Unadare, cheese, sorthischid, still read under the stream of the start and start and	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
1989 Le creams, regular, line carbohydrate, chocolate 0.58 0.14 2109 Past foods, sharing, breaded and fried 0.58 0.07 2122 McDONALDS, RLET-O-FSH 0.58 0.07 23339 Bread, gluter-free, bode grain, made with tapioca starch and brown rice flour 0.58 0.07 25372 UDIS, Gluein-free, shoft kaung; Brang, cheese, from lakid sensu 0.58 0.07 3609 T.G.I. FRIDAYS, macuroni kaung; cheese, from lakid sensu 0.58 0.07 36011 DBNNS, macurani kaung; cheese, from lakid sensu 0.58 0.07 36121 Bread, combread, dry mix, uncuriched (includes com muffin mix) 0.57 0.08 18977 Crackers, desee, sandwich-type with cheese filting 0.57 0.02 18970 Totalitie, ready-to-base or 47%, flour, strill stable 0.57 0.02 1990 Paddings, colocalar, dry mix, regular, prepared with 28% milk 0.57 0.02 2013 Budgar, colocalar, dry mix, regular, prepared with 28% milk 0.57 0.03 2021 Yes DYS. Ultimate Chicken Grill Sandwich 0.57 0.02 202	19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	0.58	0.22
2019s Fast foods, shringb, breaded and fried 0.58 0.17 2110d Fast foods, fish sandwich, with turar sance and cheese 0.58 0.07 2322 McDONALDS, EJIF CP-ISTI 0.58 0.07 2833 Boad, glutes-free, whole grain, male with tepicas starch and brown rice flour 0.58 0.07 2872 UDIS, Glitton Free, Soft deamy, Hearty Whole Grain Bread 0.58 0.07 3603 DENNYS, macroard damp; cheese, from kid's mena 0.58 0.07 3613 DENNYS, macroard damp; cheese, from kid's mena 0.58 0.07 3842 Bread, combreed, dyn sit, uncariched (includes corn muffi mix) 0.7 0.02 3877 Crickers, cheese, sandwich-type with cheese filling 0.57 0.02 3897 Crickers, cheese, sandwich-type with cheese filling 0.57 0.02 3897 Tortiles, ready to-bake or -fry, flour, self stable 0.57 0.02 3997 Tortiles, ready to-bake or -fry, flour, self stable 0.57 0.02 2012 Pathlage, clusake t, by mix, regular myster stable 0.57 0.02 2012 WENDY	19410	Snack, potato chips, made from dried potatoes, plain	0.58	0.14
2106 Fast foods, firsh sandwich, with turtur sauce and cheese 0.88 0.07 21222 McDONALDS, FILET-O-FISH 0.58 0.07 28372 UDIS, Glaten Fiees, Soft & anny, Hearty Whole Grain Bread 0.58 0.07 3609 T.G.I. FIRDAY'S, macronic kampt, cheese, from kid's menu 0.88 0.07 36013 DENNYS, macronic kampt, cheese, from kid's menu 0.58 0.07 38412 Bread, combreed, dry mix, unentched (includes corn motifin mix) 0.57 0.08 38927 Checkers, ekeese, sandwick-type with cheese filling 0.57 0.08 38927 Checkers, cheese, sandwick-type with cheese filling 0.57 0.08 38927 Checkers, cheese, sandwick-type with cheese filling 0.57 0.08 38927 Checkers, cheese, sandwick-type with cheese filling 0.57 0.08 3903 Balgar, crocked 0.57 0.08 31924 WeDNYS, Ultimate Checker clear, locker fill Sandwich 0.57 0.08 3603 APPLEBLES, KRAFT, Macaroni & Rampt 0.57 0.08 3644 Song-translation 0.57	19899	Ice creams, regular, low carbohydrate, chocolate	0.58	0.14
21222 McDONALDS, FILET-O-FISII 0.58 0.07 28339 Broad, gluter-free, whole grain, made with tupioes sturch and brown rice flour 0.58 0.07 28072 UDIS, Gluter Free, Soft &t Hearty Whole Grain Bread 0.58 0.07 36013 DENNYS, macaroni &t, cheese, from kid's menu 0.88 0.07 3613 DENNYS, macaroni &t, cheese, from kid's menu 0.57 0.08 18927 Crackers, cheese, andwist-byee with chease filling 0.57 0.08 18927 Crackers, cheese, andwist-byee with chease filling 0.57 0.08 18929 Pottlus, reoby-to-bake or rix, flour, shelf stuble 0.57 0.01 1990 Puddings, chocolate, dry mix, regular, prepared will % milk 0.57 0.08 20213 Bulgur, cooked 0.57 0.08 20214 WENDYS, Ultimate Chicken Grill Standwich 0.57 0.08 20215 WENDYS, Ultimate Chicken Grill Standwich 0.57 0.05 20216 WENDYS, Ultimate Chicken Grill Standwich will call	21059	Fast foods, shrimp, breaded and fried	0.58	0.10
28339 Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour 0.58 0.07 28372 UDIS, Gluten Free, Soft & Ramp; Henty Whole Grain Bread 0.58 0.07 3609 T. GL, FEIDAYS, macaroni & Ramp; cheese, from kids menu 0.58 0.07 36613 DENNYS, macaroni & Ramp; cheese, from kids menu 0.57 0.08 18412 Bread, combread, dry mix, unenriched (includes com muffin mix) 0.57 0.08 18927 Crackers, cheese, sandwich-type with cheese filling 0.57 0.01 18929 Tortillus, ready-to-bake or -fry, flour, shelf stable 0.57 0.12 1990 Paddings, chenolate, dry mix, regular, prepared with 2% milk 0.57 0.08 21245 WENDYS, Ulmane Chicken Grill Sandwich 0.57 0.08 3603 APPLEBEES, KRAFT, Macaroni camp; Cheese, from kid's menu 0.57 0.05 3604 APPLEBEES, KRAFT, Macaroni camp; Cheese, from kid's menu 0.57 0.05 48274 Cheese, crean, low fat 0.57 0.05 48284 Shaybou, creat, barrie, surjected with whole milk 0.57 0.05	21106	Fast foods, fish sandwich, with tartar sauce and cheese	0.58	0.07
28372 UDIS, Gluen Free, Soft & anny; Hearty Whole Grain Bread 0.58 0.07 36093 T.G.I. FRIDAYS, macaroni & anny; cheese, from kid's menu 0.58 0.07 18412 Bread, combread, dry mix, uncariched (includes corn muffin mix) 0.57 0.08 18927 Crackers, cheese, sandwick-type, with cheese filling 0.57 0.24 18970 Torrillas, ready-to-back or -fry, floor, shelf stable 0.57 0.12 18971 Torrillas, ready-to-back or -fry, floor, shelf stable 0.57 0.12 18972 WENDYS, Ultimate Chicken Grill Sandwich 0.57 0.08 19093 Puddings, chocolate, dry mix, regular, prepared with 26 milk 0.07 0.08 2013 Bulgur, cooked 0.57 0.08 21245 WENDYS, Ultimate Chicken Grill Sandwich 0.57 0.08 2003 APPL, EREES, KRAET, Mearoni & Ampt, Cheese, from kid's menu 0.57 0.08 3003 APPL, EREES, KRAET, Mearoni & Ampt, Cheese, from kid's menu 0.57 0.08 43274 Cheese, vream, low fat 0.57 0.05 43284 Day food, cereal, barley, p	21232	McDONALD'S, FILET-O-FISH	0.58	0.07
3609 T.G.I. FRIDAYS, macaroni & cheese, from kid's menu 0.58 0.07 36013 DENNYS, macaroni & cheese, from kid's menu 0.58 0.07 18927 Crackers, cheese; sandwich-type with cheese filling 0.57 0.08 18927 Crackers, cheese; sandwich-type with cheese filling 0.57 0.12 18929 Toritlas, ready-to-bake or -fry, flour, shelf stable 0.57 0.12 18920 Publings, chocolate, dry mix, regular, prepared with 2% milk 0.57 0.08 20013 Bulgur, conced 0.57 0.08 21245 WENDYS, Ultimate Chicken Grill Sandwich 0.57 0.08 36003 APPLEBEES, KRAFT, Macaroni & Cheese, from kid's menu 0.57 0.06 36007 T.G.I. FRIDAYS, flouris Chicken Grill Sandwich 0.57 0.06 43274 Cheese, cream, low fat 0.57 0.03 4641 Cheese, tream, low fat 0.57 0.06 4642 Cheese, tream, low fat 0.57 0.06 4643 Corp. parker dwith whole milk 0.57 0.06 4644 <td>28339</td> <td>Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour</td> <td>0.58</td> <td>0.07</td>	28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	0.58	0.07
36613 DENNY'S, macaroni & cheese, from kid's menu 0.58 0.07 18412 Bread, combread, dry mix, unenriched (includes com muffin mix) 0.57 0.08 18927 Crackers, cheese, sandwich-type with cheese filling 0.57 0.12 18970 Tortillas, ready-to-bake or -fry, flour, shelf stable 0.57 0.12 20013 Bulgur, cooked 0.57 0.08 20014 WENDY'S, Ultimate Chicken Grill Sandwich 0.57 0.08 36003 APPLEBEFS, KRAFT, Macaroni & Cheese, from kid's menu 0.57 0.08 36007 T.G.I. ERIDAY'S, french fries 0.57 0.02 36018 Ballyfood, cernal, barley, prepared with whole milk 0.57 0.03 3624 Cheese, cream, low fat 0.57 0.09 3634 Ballyfood, cernal, barley, prepared with equal volume water 0.57 0.09 0841 Soup, mushroom with beef stock, canned, prepared with water 0.57 0.08 1812 Cereals, MALT-O-MEAL, original, plain, dry 0.57 0.05 1826 Peaches, dired, suffured, uncooked 0.57	28372	UDI'S, Gluten Free, Soft & Dreaty Whole Grain Bread	0.58	0.07
18412 Bread, combread, dry mix, unenriched (includes corn muffin mix) 0.57 0.28 18927 Crackers, cheese, sandwich-type with cheese filling 0.57 0.24 18970 Tortillas, ready-to-bake or ffy, flour, shelf stable 0.57 0.10 19990 Paddings, chocolate, dry mix, regular, prepared with 2% milk 0.57 0.08 2013 Bulgur, cooked 0.57 0.08 36003 APPL-BBEES, KRAFT, Macaroni & 2007 0.06 36003 APPL-BBEES, KRAFT, Macaroni & 2007 0.05 36007 T.G.I. FRIDAYS, french fries 0.57 0.05 36007 T.G.I. FRIDAYS, french fries 0.57 0.06 3624 Cheese, cream. low fat 0.57 0.06 0544 Soup, mushroom with beef stock, camed, prepared with equal volume water 0.57 0.06 0644 Soup, mushroom with beef stock, camed, prepared with equal volume water 0.57 0.06 0812 Cereals, vall-T-O-MEAL, original, plain, dry 0.57 0.06 0812 Peaches, dried, sulfured, uncooked 0.57 0.51 11263	36009	T.G.I. FRIDAY'S, macaroni & menu kid's menu	0.58	0.07
18927 Crackers, cheese, andwich-type with cheese filling 0.24 18970 Torillas, ready-to-bake or -fry, flour, shelf stable 0.57 0.12 19100 Puddings, chocolate, dry mix, regular, prepared with 2% milk 0.57 0.08 20213 Bulgur, cooked 0.57 0.08 36003 APPLEBEES, KRAFT, Macaroni & Kamp: Cheese, from kid's menu 0.57 0.06 36007 T.G.I. FRIDAY'S, french fries 0.57 0.02 43274 Cheese, cream, low fat 0.57 0.06 3681 Babyfood, cereal, barley, prepared with whole milk 0.57 0.06 0644 Soup, mushroom with beef stock, canned, prepared with equal volume water 0.57 0.10 8816 Cereals, MALT-O-MEAL, original, plain, dry 0.57 0.08 9924 Peaches, dired, sulfured, uncooked 0.57 0.08 11263 Mushrooms, white, stir-fried 0.57 0.51 12647 Nise, chestrust, european, roasted 0.57 0.51 13437 Shake, fast food, vanilla 0.57 0.08 18022	36613	DENNY'S, macaroni & menu kid's menu	0.58	0.07
18970 Tortillas, ready-to-bake or -fry, flour, shelf stable 0.57 0.12 19190 Puddings, chocolate, dry mix, regular, prepared with 2% milk 0.57 0.08 20013 Bulgur, cooked 0.57 0.08 36003 APPLEBEES, KRAFT, Macaroni ∓ Cheese, from kid's menu 0.57 0.06 36007 T.G.I. FRIDAY'S, french fries 0.57 0.03 48274 Cheese, cream, low fa 0.57 0.03 3681 Babyfood, cereal, barley, prepared with whole milk 0.57 0.03 06444 Soup, mushroon with beef stock, canned, prepared with equal volume water 0.57 0.10 08116 Cereals, MALT-O-MEAL, original, plain, dry 0.57 0.08 09246 Peaches, dried, sulfured, uncooked 0.57 0.08 09246 Peaches, dried, sulfured, uncooked 0.57 0.29 12167 Nuts, chestnuts, european, roasted 0.57 0.29 12437 Shake, fast food, vanilla 0.57 0.08 18022 Bread, corbard, dry mix, enriched (includes corm muffin mix) 0.57 0.08 <t< td=""><td>18412</td><td>Bread, cornbread, dry mix, unenriched (includes corn muffin mix)</td><td>0.57</td><td>0.08</td></t<>	18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	0.57	0.08
19190 Puddings, chocolate, dry mix, regular, prepared with 2% milk 0.57 0.08 20013 Bulgur, cooked 0.57 0.08 21245 WENDYS, Ultimate Chicken Grill Sandwich 0.57 0.08 36003 APPLEBEES, KRAFT, Macaroni & ampr. Cheese, from kid's menu 0.57 0.08 36007 T.G.IFRIDAY'S, french fries 0.57 0.03 43274 Cheese, cream, low fa 0.57 0.03 93681 Babyfood, cereal, barley, prepared with whole milk 0.57 0.06 06444 Soup, musbroom with beef stock, canned, prepared with equal volume water 0.57 0.10 88116 Cereals, Suals, instant, fortified, with cinnamon and spice, prepared with water 0.57 0.08 90246 Peaches, dried, sulfured, uncooked 0.57 0.08 1263 Mushrooms, white, siri-fried 0.57 0.59 12163 Mushrooms, white, siri-fried 0.57 0.51 14347 Shake, fast food, vanilla 0.57 0.51 15067 Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen) 0.57 <t< td=""><td>18927</td><td>Crackers, cheese, sandwich-type with cheese filling</td><td>0.57</td><td>0.24</td></t<>	18927	Crackers, cheese, sandwich-type with cheese filling	0.57	0.24
2013 Bulgur, cooked 0.57 0.08 21245 WENDY'S, Ultimate Chicken Grill Sandwich 0.57 0.08 36003 APPLEBEE'S, KRAFT, Macaroni kamp; Cheese, from kid's menu 0.57 0.06 36007 T.G.I. FRIDAY'S, french fries 0.57 0.03 43274 Cheese, cream, low fat 0.57 0.03 03681 Babyfood, cereal, barley, prepared with whole milk 0.57 0.06 06444 Soup, mushroom with beef stock, canned, prepared with equal volume water 0.57 0.10 08116 Cereals, MALT-O-MEAL, original, plain, dry 0.57 0.08 08129 Cereals, oast, instant, fortified, with cinnamon and spice, prepared with water 0.57 0.06 08129 Peaches, dried, sulfured, uncooked 0.57 0.36 11263 Mushrooms, white, stir-fried 0.57 0.59 12164 Nuts, chestruts, european, roasted 0.57 0.10 12437 Shake, fast food, vanilla 0.57 0.08 18022 Bread, conbread, dry mix, enriched (includes corn muffin mix) 0.57 0.08	18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	0.57	0.12
21245 WENDY'S, Ultimate Chicken Grill Sandwich 0.57 0.08 36003 APPLEBEES, KRAFT, Macaroni & amp; Cheese, from kid's menu 0.57 0.06 36007 T.G.I. FRIDAY'S, french fries 0.57 0.12 43274 Cheese, cream, low fat 0.57 0.03 03681 Babyfood, cereal, barley, prepared with whole milk 0.57 0.10 06444 Soup, mushroom with beef stock, canned, prepared with equal volume water 0.57 0.10 08116 Cereals, MALT-O-MEAL, original, plain, dry 0.57 0.06 08129 Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water 0.57 0.08 09246 Peaches, dried, sulfured, uncooked 0.57 0.36 11263 Mush consus, white, stir-fried 0.57 0.59 12167 Nuts, chestnuts, european, roasted 0.57 0.10 15067 Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen) 0.57 0.10 18021 Bread, combread, dry mix, enriched (includes corn muffin mix) 0.57 0.13 18021 Bread, irish soda, prepar	19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	0.57	0.10
36003 APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu 0.57 0.06 36007 T.G.I. FRIDAY'S, french fries 0.57 0.12 43274 Cheese, cream, low fat 0.57 0.03 03681 Babyfood, cereal, barley, prepared with whole milk 0.57 0.06 06444 Soup, mushroom with beef stock, canned, prepared with equal volume water 0.57 0.10 08116 Cereals, MALT'-O-MEAL, original, plain, dry 0.57 0.08 08129 Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water 0.57 0.08 09246 Peaches, dried, sulfured, uncooked 0.57 0.59 11263 Mushrooms, white, stir-fried 0.57 0.59 12167 Nist, chestnuts, european, roasted 0.57 0.51 12447 Shake, fast food, vanilla 0.57 0.51 18021 Bread, combread, dry mix, enriched (includes corn muffin mix) 0.57 0.08 18032 Bread, irish soda, prepared from recipe 0.57 0.13 18251 Doughnuts, cake-type, chocolate, sugared or glazed 0.57 <td>20013</td> <td>Bulgur, cooked</td> <td>0.57</td> <td>0.08</td>	20013	Bulgur, cooked	0.57	0.08
36007 T.G.I. FRIDAY'S, french fries 0.57 0.12 43274 Cheese, cream, low fat 0.57 0.03 03681 Babyfood, cereal, barley, prepared with whole milk 0.57 0.06 06444 Soup, mushroom with beef stock, canned, prepared with equal volume water 0.57 0.10 08116 Cereals, MALT-O-MEAL, original, plain, dry 0.57 0.10 08129 Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water 0.57 0.08 09246 Peaches, dried, sulfured, with cinnamon and spice, prepared with water 0.57 0.36 11263 Mushrooms, white, stir-fried 0.57 0.29 12167 Nuts, chestnuts, european, roasted 0.57 0.51 14347 Shake, fast food, vanilla 0.57 0.05 15067 Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen) 0.57 0.05 18032 Bread, crish soda, prepared from recipe 0.57 0.05 18251 Doughnuts, cake-type, chocolate, sugared or glazed 0.57 0.19 08700 Child formula, ABBOTT NUTRITION, PE	21245	WENDY'S, Ultimate Chicken Grill Sandwich	0.57	0.08
43274 Cheese, cream, low fat 0.57 0.03 03681 Babyfood, cereal, barley, prepared with whole milk 0.57 0.06 06444 Soup, mushroom with beef stock, canned, prepared with equal volume water 0.57 0.10 08116 Cereals, MALT-O-MEAL, original, plain, dry 0.57 0.08 09246 Peaches, dried, sulfured, uncooked 0.57 0.36 11263 Mushrooms, white, stir-fried 0.57 0.29 12167 Nuts, chestnuts, european, roasted 0.57 0.51 14347 Shake, fast food, vanilla 0.57 0.10 15067 Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen) 0.57 0.06 18022 Bread, combread, dry mix, enriched (includes corn muffin mix) 0.57 0.08 18032 Bread, irish soda, prepared from recipe 0.57 0.13 18251 Doughnuts, cake-type, chocolate, sugared or glazed 0.57 0.19 0870 Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber 0.56 0.01 06749 Soup, beef and vegetables, canned, ready-to-serve 0.56 0.01 0156	36003	APPLEBEE'S, KRAFT, Macaroni & English the service of the service o	0.57	0.06
03681 Babyfood, cereal, barley, prepared with whole milk 0.57 0.06 06444 Soup, mushroom with beef stock, canned, prepared with equal volume water 0.57 0.10 08116 Cereals, MALT-O-MEAL, original, plain, dry 0.57 0.08 08129 Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water 0.57 0.08 09246 Peaches, dried, sulfured, uncooked 0.57 0.36 11263 Mushrooms, white, stir-fried 0.57 0.29 12167 Nuts, chestnuts, curopean, roasted 0.57 0.51 14347 Shake, fast food, vanilla 0.57 0.08 18022 Bread, combread, dry heat (may have been previously frozen) 0.57 0.08 18032 Bread, irish soda, prepared from recipe 0.57 0.03 18032 Bread, irish soda, prepared from recipe 0.57 0.13 18251 Doughnuts, cake-type, chocolate, sugared or glazed 0.57 0.19 0870 Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber 0.56 0.01 0804 Cereals ready-to-eat,	36007	T.G.I. FRIDAY'S, french fries	0.57	0.12
06444 Sop, mushroom with beef stock, canned, prepared with equal volume water 0.57 0.10 08116 Cereals, MALT-O-MEAL, original, plain, dry 0.57 0.08 08129 Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water 0.57 0.08 09246 Peaches, dried, sulfured, uncooked 0.57 0.36 11263 Mushrooms, white, stir-fried 0.57 0.29 12167 Nuts, chestnuts, european, roasted 0.57 0.51 14347 Shake, fast food, vanilla 0.57 0.06 18022 Bread, cornbread, dry mix, enriched (includes corn muffin mix) 0.57 0.08 18032 Bread, irish soda, prepared from recipe 0.57 0.13 18251 Doughnuts, cake-type, chocolate, sugared or glazed 0.57 0.19 0870 Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber 0.56 0.01 06749 Soup, beef and vegetables, canned, ready-to-serve 0.56 0.03 08204 Cereals ready-to-eat, chocolate-flavored frosted puffed corn 0.56 0.24 1156 <td< td=""><td>43274</td><td>Cheese, cream, low fat</td><td>0.57</td><td>0.03</td></td<>	43274	Cheese, cream, low fat	0.57	0.03
08116 Cereals, MALT-O-MEAL, original, plain, dry 0.57 0.10 08129 Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water 0.57 0.08 09246 Peaches, dried, sulfured, uncooked 0.57 0.36 11263 Mushrooms, white, stir-fried 0.57 0.29 12167 Nuts, chestnuts, european, roasted 0.57 0.51 14347 Shake, fast food, vanilla 0.57 0.10 15067 Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen) 0.57 0.06 18022 Bread, combread, dry mix, enriched (includes corn muffin mix) 0.57 0.08 18032 Bread, irish soda, prepared from recipe 0.57 0.13 18251 Doughnuts, cake-type, chocolate, sugared or glazed 0.57 0.19 03870 Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber 0.56 0.11 06749 Soup, beef and vegetables, canned, ready-to-serve 0.56 0.03 08204 Cereals ready-to-eat, chocolate-flavored frosted puffed corn 0.56 0.24 1156 Chives, raw 0.56 0.16	03681	Babyfood, cereal, barley, prepared with whole milk	0.57	0.06
08129 Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water 0.57 0.08 09246 Peaches, dried, sulfured, uncooked 0.57 0.36 11263 Mushrooms, white, stir-fried 0.57 0.29 12167 Nuts, chestmuts, european, roasted 0.57 0.51 14347 Shake, fast food, vanilla 0.57 0.10 15067 Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen) 0.57 0.06 18022 Bread, combread, dry mix, enriched (includes corn muffin mix) 0.57 0.18 18032 Bread, irish soda, prepared from recipe 0.57 0.19 03870 Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber 0.56 0.11 06749 Soup, beef and vegetables, canned, ready-to-serve 0.56 0.03 08204 Cereals ready-to-eat, chocolate-flavored frosted puffed corn 0.56 0.24 1156 Chives, raw 0.56 0.16	06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	0.57	0.10
09246 Peaches, dried, sulfured, uncooked 0.57 0.36 11263 Mushrooms, white, stir-fried 0.57 0.29 12167 Nuts, chestnuts, european, roasted 0.57 0.51 14347 Shake, fast food, vanilla 0.57 0.10 15067 Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen) 0.57 0.06 18022 Bread, cornbread, dry mix, enriched (includes corn muffin mix) 0.57 0.08 18032 Bread, irish soda, prepared from recipe 0.57 0.13 18251 Doughnuts, cake-type, chocolate, sugared or glazed 0.57 0.19 03870 Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber 0.56 0.11 06749 Soup, beef and vegetables, canned, ready-to-serve 0.56 0.03 08204 Cereals ready-to-eat, chocolate-flavored frosted puffed corn 0.56 0.24 1156 Chives, raw 0.56 0.16	08116	Cereals, MALT-O-MEAL, original, plain, dry	0.57	0.10
11263 Mushrooms, white, stir-fried 0.57 0.29 12167 Nuts, chestnuts, european, roasted 0.57 0.51 14347 Shake, fast food, vanilla 0.57 0.10 15067 Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen) 0.57 0.06 18022 Bread, cornbread, dry mix, enriched (includes corn muffin mix) 0.57 0.08 18032 Bread, irish soda, prepared from recipe 0.57 0.13 18251 Doughnuts, cake-type, chocolate, sugared or glazed 0.57 0.19 03870 Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber 0.56 0.11 06749 Soup, beef and vegetables, canned, ready-to-serve 0.56 0.03 08204 Cereals ready-to-eat, chocolate-flavored frosted puffed corn 0.56 0.24 11156 Chives, raw 0.56 0.16	08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	0.57	0.08
12167 Nuts, chestmuts, european, roasted 0.57 0.51 14347 Shake, fast food, vanilla 0.57 0.10 15067 Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen) 0.57 0.06 18022 Bread, cornbread, dry mix, enriched (includes corn muffin mix) 0.57 0.08 18032 Bread, irish soda, prepared from recipe 0.57 0.13 18251 Doughnuts, cake-type, chocolate, sugared or glazed 0.57 0.19 03870 Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber 0.56 0.11 06749 Soup, beef and vegetables, canned, ready-to-serve 0.56 0.03 08204 Cereals ready-to-eat, chocolate-flavored frosted puffed corn 0.56 0.24 1156 Chives, raw 0.56 0.16	09246	Peaches, dried, sulfured, uncooked	0.57	0.36
14347 Shake, fast food, vanilla 0.57 0.10 15067 Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen) 0.57 0.06 18022 Bread, cornbread, dry mix, enriched (includes corn muffin mix) 0.57 0.08 18032 Bread, irish soda, prepared from recipe 0.57 0.13 18251 Doughnuts, cake-type, chocolate, sugared or glazed 0.57 0.19 03870 Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber 0.56 0.11 06749 Soup, beef and vegetables, canned, ready-to-serve 0.56 0.03 08204 Cereals ready-to-eat, chocolate-flavored frosted puffed corn 0.56 0.24 1156 Chives, raw 0.56 0.16	11263	Mushrooms, white, stir-fried	0.57	0.29
15067 Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen) 0.57 0.06 18022 Bread, cornbread, dry mix, enriched (includes corn muffin mix) 0.57 0.08 18032 Bread, irish soda, prepared from recipe 0.57 0.13 18251 Doughnuts, cake-type, chocolate, sugared or glazed 0.57 0.19 03870 Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber 0.56 0.11 06749 Soup, beef and vegetables, canned, ready-to-serve 0.56 0.03 08204 Cereals ready-to-eat, chocolate-flavored frosted puffed corn 0.56 0.24 11156 Chives, raw 0.56 0.16	12167	Nuts, chestnuts, european, roasted	0.57	0.51
18022 Bread, cornbread, dry mix, enriched (includes corn muffin mix) 0.57 0.08 18032 Bread, irish soda, prepared from recipe 0.57 0.13 18251 Doughnuts, cake-type, chocolate, sugared or glazed 0.57 0.19 03870 Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber 0.56 0.11 06749 Soup, beef and vegetables, canned, ready-to-serve 0.56 0.03 08204 Cereals ready-to-eat, chocolate-flavored frosted puffed corn 0.56 0.24 11156 Chives, raw 0.56 0.16	14347	Shake, fast food, vanilla	0.57	0.10
Bread, irish soda, prepared from recipe Doughnuts, cake-type, chocolate, sugared or glazed Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber Soup, beef and vegetables, canned, ready-to-serve Cereals ready-to-eat, chocolate-flavored frosted puffed corn Chives, raw Do.57 0.19 0.56 0.11 0.56 0.03 0.03	15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	0.57	0.06
Doughnuts, cake-type, chocolate, sugared or glazed 0.57 0.19 03870 Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber 0.56 0.11 06749 Soup, beef and vegetables, canned, ready-to-serve 0.56 0.03 08204 Cereals ready-to-eat, chocolate-flavored frosted puffed corn 0.56 0.16 0.17	18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	0.57	0.08
Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber 0.56 0.11 0.6749 Soup, beef and vegetables, canned, ready-to-serve 0.56 0.03 0.8204 Cereals ready-to-eat, chocolate-flavored frosted puffed corn 0.56 0.16	18032	Bread, irish soda, prepared from recipe	0.57	0.13
06749Soup, beef and vegetables, canned, ready-to-serve0.560.0308204Cereals ready-to-eat, chocolate-flavored frosted puffed corn0.560.2411156Chives, raw0.560.16	18251	Doughnuts, cake-type, chocolate, sugared or glazed	0.57	0.19
08204Cereals ready-to-eat, chocolate-flavored frosted puffed corn0.560.2411156Chives, raw0.560.16	03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	0.56	0.11
11156 Chives, raw 0.56 0.16	06749	Soup, beef and vegetables, canned, ready-to-serve	0.56	0.03
	08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	0.56	0.24
11233 Kale, raw 0.56 1.50	11156	Chives, raw	0.56	0.16
	11233	Kale, raw	0.56	1.50

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
11463	Spinach, frozen, chopped or leaf, unprepared	0.56	0.14
11676	Radish seeds, sprouted, raw	0.56	0.12
11906	Corn, sweet, white, canned, cream style, regular pack	0.56	0.02
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	0.56	0.22
15049	Fish, mackerel, king, raw	0.56	0.03
15106	Fish, sturgeon, mixed species, smoked	0.56	0.05
15128	Fish, tuna salad	0.56	0.14
15210	Fish, salmon, chinook, cooked, dry heat	0.56	0.05
15247	Fish, salmon, coho, wild, cooked, dry heat	0.56	0.07
16044	Beans, pinto, mature seeds, canned, solids and liquids	0.56	0.16
16130	Okara	0.56	0.20
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	0.56	0.16
18164	Cookies, chocolate chip, refrigerated dough, baked	0.56	0.20
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	0.56	0.07
18293	Pancakes, plain, prepared from recipe	0.56	0.05
19041	Snacks, pork skins, plain	0.56	0.09
19104	Candies, fudge, vanilla with nuts	0.56	0.22
20094	Pasta, fresh-refrigerated, plain, cooked	0.56	0.09
21336	McDONALD'S, Hot Fudge Sundae	0.56	0.05
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	0.56	0.10
28368	SCHAR, Gluten-Free, Classic White Rolls	0.56	0.10
18361	Toaster pastries, brown-sugar-cinnamon	0.55	0.10
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	0.55	0.16
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	0.55	0.11
19924	Syrup, NESTLE, chocolate	0.55	0.31
22919	Macaroni and Cheese, canned, microwavable	0.55	0.26
28347	Pancakes, gluten-free, frozen, ready-to-heat	0.55	0.11
28374	VAN'S, Gluten Free, Totally Original Pancakes	0.55	0.11
36026	CRACKER BARREL, onion rings, thick-cut	0.55	0.09
36031	DENNY'S, onion rings	0.55	0.09
03068	Babyfood, dinner, chicken noodle, strained	0.55	0.07
06402	Soup, black bean, canned, prepared with equal volume water	0.55	0.16
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	0.55	
09094	Figs, dried, uncooked	0.55	0.29
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	0.55	0.20
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	0.55	0.20

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
15086	Fish, salmon, sockeye, cooked, dry heat	0.55	0.08
15274	Fish, trout, brook, raw, New York State	0.55	0.04
18156	Cookies, fudge, cake-type (includes trolley cakes)	0.55	0.29
18172	Cookies, gingersnaps	0.55	0.30
18186	Cookies, peanut butter, commercially prepared, soft-type	0.55	0.08
01109	Milk, sheep, fluid	0.54	0.05
03044	Babyfood, dinner, macaroni and tomato and beef, strained	0.54	0.05
03217	Zwieback	0.54	0.14
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	0.54	0.03
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	0.54	0.05
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	0.54	0.06
11011	Asparagus, raw	0.54	0.19
11097	Broccoli raab, cooked	0.54	0.08
11413	Potato flour	0.54	0.20
11523	Taro shoots, cooked, without salt	0.54	0.09
11880	Taro, shoots, cooked, with salt	0.54	0.09
11901	Corn, sweet, white, cooked, boiled, drained, without salt	0.54	0.06
11902	Corn, sweet, white, cooked, boiled, drained, with salt	0.54	0.06
15105	Fish, sturgeon, mixed species, cooked, dry heat	0.54	0.05
15241	Fish, trout, rainbow, farmed, cooked, dry heat	0.54	0.06
16018	Beans, black turtle, mature seeds, canned	0.54	0.19
16316	Beans, black, mature seeds, canned, low sodium	0.54	0.19
17092	Veal, composite of trimmed retail cuts, separable fat, raw	0.54	0.04
18016	Biscuits, plain or buttermilk, prepared from recipe	0.54	0.08
18160	Cookies, chocolate chip, commercially prepared, soft-type	0.54	0.23
18211	Puff pastry, frozen, ready-to-bake, baked	0.54	0.12
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	0.54	0.06
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	0.54	0.07
18279	Muffins, corn, commercially prepared	0.54	0.30
18294	Pancakes, blueberry, prepared from recipe	0.54	0.06
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	0.54	0.06
18433	Danish pastry, lemon, unenriched	0.54	0.06
18435	Danish pastry, raspberry, unenriched	0.54	0.06
19168	Desserts, egg custard, baked, prepared-from-recipe	0.54	0.03
21247	WENDY'S, french fries	0.54	0.16
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	0.54	0.04

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	0.54	0.06
21388	Fast foods, miniature cinnamon rolls	0.54	0.07
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	0.54	0.04
28375	VAN'S, Gluten Free, Totally Original Waffles	0.54	0.10
18328	Pie, vanilla cream, prepared from recipe	0.53	0.04
18337	Puff pastry, frozen, ready-to-bake	0.53	0.11
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	0.53	0.10
18403	Waffles, plain, frozen, ready -to-heat, toasted	0.53	0.03
18964	Cinnamon buns, frosted (includes honey buns)	0.53	0.06
19096	Ice creams, vanilla, light, soft-serve	0.53	0.03
19866	Candies, soft fruit and nut squares	0.53	0.30
20034	Oat bran, cooked	0.53	0.07
21032	Fast foods, sundae, caramel	0.53	0.05
25012	Snacks, sweet potato chips, unsalted	0.53	0.41
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	0.53	0.03
03214	Babyfood, cookies, arrowroot	0.53	0.07
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	0.53	0.05
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	0.53	0.05
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	0.53	0.05
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	0.53	0.05
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	0.53	0.05
06190	Soup, bean & Damp; ham, canned, reduced sodium, prepared with water or ready-to-serve	0.53	0.08
08172	Cereals, farina, unenriched, dry	0.53	0.08
09042	Blackberries, raw	0.53	0.16
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	0.53	0.04
11174	Corn, sweet, yellow, canned, cream style, regular pack	0.53	0.05
11182	Corn, yellow, whole kernel, frozen, microwaved	0.53	0.05
11265	Mushrooms, portabella, raw	0.53	0.29
11280	Okra, frozen, unprepared	0.53	0.08
11457	Spinach, raw	0.53	0.13
11772	Corn, sweet, yellow, canned, cream style, no salt added	0.53	0.05
11907	Corn, sweet, white, canned, cream style, no salt added	0.53	0.05
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	0.53	0.29
15041	Fish, herring, Atlantic, pickled	0.53	0.10
15043	Fish, herring, Pacific, raw	0.53	0.08
15113	Fish, tilefish, cooked, dry heat	0.53	0.05

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
15133	Fish, whiting, mixed species, cooked, dry heat	0.53	0.04
15203	Fish, monkfish, cooked, dry heat	0.53	0.04
01236	Ice cream, soft serve, chocolate	0.52	0.03
01256	Yogurt, Greek, plain, nonfat	0.52	0.02
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	0.52	0.06
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	0.52	0.06
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	0.52	0.08
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	0.52	0.05
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	0.52	0.08
06451	Soup, pea, split with ham, canned, prepared with equal volume water	0.52	0.15
11260	Mushrooms, white, raw	0.52	0.32
11322	Peas and carrots, frozen, unprepared	0.52	0.09
11938	Mushroom, white, exposed to ultraviolet light, raw	0.52	0.32
12097	Nuts, chestnuts, european, raw, unpeeled	0.52	0.45
15021	Fish, croaker, Atlantic, cooked, breaded and fried	0.52	0.06
15055	Fish, mullet, striped, raw	0.52	0.05
15082	Fish, salmon, coho, wild, cooked, moist heat	0.52	0.06
15092	Fish, sea bass, mixed species, cooked, dry heat	0.52	0.02
15135	Fish, yellowtail, mixed species, raw	0.52	0.04
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	0.52	0.08
16161	MORI-NU, Tofu, silken, soft	0.52	0.21
18317	Pie, egg custard, commercially prepared	0.52	0.02
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	0.52	0.09
18956	Keikitos (muffins), Latino bakery item	0.52	0.07
19090	Ice creams, french vanilla, soft-serve	0.52	0.03
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	0.52	0.14
22954	Egg rolls, chicken, refrigerated, heated	0.52	0.10
28305	Pancakes, plain, reduced fat	0.52	0.09
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	0.51	0.10
19170	Egg custards, dry mix, prepared with whole milk	0.51	0.03
20121	Pasta, cooked, enriched, without added salt	0.51	0.10
20321	Pasta, cooked, enriched, with added salt	0.51	0.10
20421	Pasta, cooked, unenriched, without added salt	0.51	0.10
20521	Pasta, cooked, unenriched, with added salt	0.51	0.10
21024	Fast foods, french toast sticks	0.51	0.08
21130	Fast foods, onion rings, breaded and fried	0.51	0.08

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
21238	McDONALD'S, french fries	0.51	0.11
21386	BURGER KING, french toast sticks	0.51	0.08
21509	BURGER KING, Onion Rings	0.51	0.08
22401	Spaghetti with meat sauce, frozen entree	0.51	0.12
22912	Spaghetti, with meatballs in tomato sauce, canned	0.51	0.05
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	0.51	0.05
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	0.51	0.05
36014	Restaurant, family style, french fries	0.51	0.11
36036	Restaurant, family style, onion rings	0.51	0.09
36617	Restaurant, Chinese, lemon chicken	0.51	0.04
43276	Cheese spread, cream cheese base	0.51	0.02
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	0.51	0.10
01015	Cheese, cottage, lowfat, 2% milkfat	0.51	0.03
05363	Ruffed Grouse, breast meat, skinless, raw	0.51	0.06
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	0.51	0.02
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	0.51	
09219	Tangerines, (mandarin oranges), canned, juice pack	0.51	0.03
11369	Potatoes, microwaved, cooked in skin, skin, without salt	0.51	0.88
11522	Taro shoots, raw	0.51	0.09
11579	Vegetables, mixed, canned, solids and liquids	0.51	0.10
11836	Potatoes, microwaved, cooked, in skin, skin with salt	0.51	0.88
12058	Nuts, acorns, raw	0.51	0.62
14236	Beverages, coffee substitute, cereal grain beverage, powder	0.51	0.21
15010	Fish, catfish, channel, wild, raw	0.51	0.03
15032	Fish, grouper, mixed species, cooked, dry heat	0.51	0.04
15103	Fish, spot, raw	0.51	0.05
15116	Fish, trout, rainbow, wild, cooked, dry heat	0.51	0.06
15157	Mollusks, clam, mixed species, raw	0.51	0.05
15188	Fish, bass, striped, cooked, dry heat	0.51	0.04
15196	Fish, halibut, greenland, cooked, dry heat	0.51	0.04
16010	Beans, baked, canned, with pork and sweet sauce	0.51	0.17
18133	Cake, sponge, commercially prepared	0.51	0.06
18147	Cheesecake commercially prepared	0.51	0.02
01017	Cheese, cream	0.50	0.02
01055	Cream, sour, reduced fat, cultured	0.50	0.02
01179	Sour cream, light	0.50	0.02

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
01180	Sour cream, fat free	0.50	0.02
03122	Babyfood, peas, dices, toddler	0.50	0.08
06045	Soup, onion, canned, condensed	0.50	0.10
08489	Cereals, MALT-O-MEAL, Maple & Drown Sugar Hot Wheat Cereal, dry	0.50	
11087	Beet greens, cooked, boiled, drained, without salt	0.50	0.25
11165	Coriander (cilantro) leaves, raw	0.50	0.22
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	0.50	0.11
11588	Waterchestnuts, chinese, (matai), raw	0.50	0.33
11736	Beet greens, cooked, boiled, drained, with salt	0.50	0.25
11991	Yautia (tannier), raw	0.50	0.26
15035	Fish, haddock, smoked	0.50	0.04
16524	WORTHINGTON Veja-Links, canned, unprepared	0.50	
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	0.50	
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	0.50	
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	0.50	
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	0.50	
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	0.50	
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	0.50	
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	0.50	
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	0.50	
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	0.50	
16617	MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared	0.50	
16619	MORNINGSTAR FARMS Tuscan Greens & Earns, frozen, unprepared	0.50	
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	0.50	0.09
18021	Bread, boston brown, canned	0.50	0.08
18163	Cookies, chocolate chip, refrigerated dough	0.50	0.18
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	0.50	0.09
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	0.50	
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	0.50	
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Samp; Cheese	0.50	
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	0.50	
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	0.50	0.10
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	0.50	0.08
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	0.50	0.02
21138	Fast foods, potato, french fried in vegetable oil	0.50	0.12
21142	Fast food, biscuit	0.50	0.08

3335 McRONALIPS, Wolf Refused Fall for Cream Cream 0.02 0.02 3339 McRONALIPS, McDiffleRY with ORHO creakies 0.50 0.07 21341 McDONALIPS, McDiffleRY with ORHO creakies 0.00 0.00 21413 Light Inc Cream, office street, beloaded with creake pieces 0.00 0.00 21513 KASHI Pizza, Grock Tazinki, single seve, frozen, auprepared 0.50 0.72 21514 KASHI Pizza, Grock Tazinki, single seve, frozen, auprepared 0.50 0.72 2540 KASHI Pizza, Grock Tazinki, single seve, frozen, auprepared 0.50 0.23 2540 Sucks, vegerable citips, made from garden vegetables 0.50 0.23 2560 KASHI Myan Harsen Bake, frozen unprepared 0.50 0.02 2500 Sucks, vegetable citips, made from garden vegetables 0.50 0.02 2500 KELLOGGS, FGGO, Waller, Brancips 0.50 0.02 2501 KELLOGGS, FGGO, Waller, Brancips 0.50 0.02 2501 KELLOGGS, FGGO, Waller, Brancips 0.50 0.02 2502 GIRL SCOLTS, Called Cockles 0.50	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
21.64 McDONAI DS, Uotzches and Samsunge	21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	0.50	0.02
21413 Light Rec Cream, soft serve, blended with cookie pieces 0.50 0.09 21419 KFC, Nicuit 0.50 0.09 15131 KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared 0.50 - 21514 KASHI Pizza, Tikka Masaha, single serve, frozen, unprepared 0.50 - 22966 KASHI Mayan Harvest Bake, frozen, unprepared 0.50 0.23 22061 Sancks, vagatable kip, road, frozen garden vegetables 0.50 0.23 25062 Sopp, Dect Barley, roady to serve 0.50 0.60 28000 KELLOGGS, EGGO, Miller, Burnestyle 0.50 0.60 28011 KELLLOGGS, EGGO, Walfler, Burnestyle 0.50 - 28017 KASHI, TLC, Full or Gieps, San Salt 0.50 - 28017 KASHI, TLC, Full or Gieps, San Salt 0.50 - 28027 FAMOUS AMOS, Chocolate Chip Cookies 0.50 - 28022 GIRL SCOUTS, Chaiet Cookies 0.50 - 28023 GIRL SCOUTS, Sanous Cookies 0.50 - 28024 KEEBLER, CHIPS DELLUKE,	21339	McDONALD'S, McFLURRY with OREO cookies	0.50	0.03
21419 KPC, biscuit 0.50 0.09 21513 KASHI Pizza, Greek Tzatziki, single serve, finzen, umpenpared 0.50 21514 KASHII Pizza, Greek Tzatziki, single serve, finzen, umpenpared 0.50 22986 KASHII Mayan Llarvest Bake, finzen, umpenpared 0.50 0.23 25040 Smick, vegetable chip, made from garden vegetables 0.50 0.23 25040 Smick, vegetable chip, made from garden vegetables 0.50 0.05 28040 KELLGOGS, LogGO, Mill Muffin Tops, Chocolate Chip 0.50 0 28040 KELLGOGS, EGGO, Walter, Buttermilk 0.50 0 28015 KELLGOGS, EGGO, Walter, Homestyle 0.50 0 28017 KASHI, TLC, Pita Crisps, Sea Salt 0.50 0 28027 FAMOUS AMOS, Chocolate Chip Cookies 0.50 0 28028 GIRL SCOUTS, Chalet Cookies 0.50 0 28021 KEEBLER, CHIPS DELUXE, Checolate Malt Chink Cookies 0.50 0 28024 KEEBLER, CHIPS DELUXE, Dark Chocolate Chink Cookies 0.50 0	21364	McDONALD'S, Hotcakes and Sausage	0.50	0.07
21513 KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared 0.50	21413	Light Ice Cream, soft serve, blended with cookie pieces	0.50	0.03
21514 KASHH Fizza, Tikka Missala, single serve, firzen, unprepared 0.50 -2	21419	KFC, biscuit	0.50	0.09
22986 KASHI Mayan Harvest Bake, frozen, unprepared 0.50	21513	KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared	0.50	
25040 Snacks, vegetable chips, made from garden vegetables 0.50 0.23 27062 Soup, beef barley, ready to serve 0.50 0.06 28010 KELLOGGS, EGGO, Warfles, Blordenik 0.50 28011 KELLOGGS, EGGO, Warfles, Blornestyle 0.50 28015 KELLOGGS, EGGO, Warfles, Homestyle 0.50 28017 KASHI, TLC, Pin Crisps, Sea Salt 0.50 280207 FAMOUS AMOS, Chocoline Chip Cookies 0.50 28030 GIRL SCOUTS, Chalet Cookies 0.50 28031 KEEBLER, CHIPS DELUXE, Coconat Cookies 0.50 28053 KEEBLER, CHIPS DELUXE, Coconat Cookies 0.50 28054 KEEBLER, CHIPS DELUXE, Coconat Cookies 0.50 28055 KEEBLER, CHIPS DELUXE, Dark Chocolate Chank Cookies 0.50 28076 KEEBLER, CHIPS DELUXE, Dark Chocolate Chank Cookies 0.50 28078 KEEBLER, LUGHS, HUGHE SHOPPE, Tripe Fadge Filled Cookies 0.50 28078 KEEBLER, UTG	21514	KASHI Pizza, Tikka Masala, single serve, frozen, unprepared	0.50	
27062 Soup, beef barley, ready to serve 0.50 0.06 28000 KFLLGGGS, EGGO, Min' Muffin Tops, Chocolate Chip 0.50 28010 KELLGGGS, EGGO, Waffles, Burtermilk 0.50 28015 KELLGGGS, EGGO, Waffles, Burtermilk 0.50 28017 KASHI, TLC, Pita Crisps, Sea Salt 0.50 28027 FAMOUS AMOS, Chocolate Chip Cookies 0.50 28030 GIRL SCOUTS, Chalet Cookies 0.50 28031 GIRL SCOUTS, Samoas Cookies 0.50 28032 GIRL SCOUTS, Samoas Cookies 0.50 28034 KEBBLER, CHIPS DELLUKE, Coconat Cookies 0.50 28055 KEBBLER, CHIPS DELLUKE, Dark Chocolate Chunk Cookies 0.50 28055 KEBBLER, CHIPS DELLUKE, Dark Chocolate Chunk Cookies 0.50 28078 KEBBLER, FUHS DELLUKE, Dark Chocolate Chunk Cookies 0.50 28078 KEBBLER, FUHS DELLUKE, Dark Chocolate Chunk Cookies 0.50 28078 KEBBLER, FUDGE SHOPPE, Mi	22986	KASHI Mayan Harvest Bake, frozen, unprepared	0.50	
28000 KELLOGGS, EGGO, Mini Muffin Tops, Chocolate Chip 0.50	25040	Snacks, vegetable chips, made from garden vegetables	0.50	0.23
28010 KELLOGGS, EGGO, Waffles, Burtermilk 0.50	27062	Soup, beef barley, ready to serve	0.50	0.06
28015 KELLOGGS, EGGO, Waffles, Homestyle 0.50	28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	0.50	
28017 KASHI, TLC, Pita Crisps, Sea Salt 0.50 -2 28027 FAMOUS AMOS, Chocolate Chip Cookies 0.50 -2 28030 GIRL, SCOUTS, Chalet Cookies 0.50 -2 28032 GIRL SCOUTS, Chalet Cookies 0.50 -2 28032 GIRL SCOUTS, Samoas Cookies 0.50 -2 28053 KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies 0.50 -2 28054 KEEBLER, CHIPS DELUXE, Coconut Cookies 0.50 -2 28055 KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies 0.50 -2 28059 KEEBLER, CHIPS DELUXE, Peanu Butter Cups Cookies 0.50 -2 28078 KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies 0.50 -2 28078 KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies 0.50 -2 28083 KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies 0.50 -2 28121 KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped 0.50 -2 28122 KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies 0.50 -2 28129 KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat 0.50 -2 28130 KEEBLER, Sweet Cremes Cookies 0.50 -2 28131 KEEBLER, Sweet Cremes Cookies 0.50 -2 28132 KEEBLER, Sweet Cremes Cookies 0.50 -2 28134 KEEBLER, Sweet Cremes Cookies 0.50 -2 28135 KEEBLER, ToASTEDS, Party Pack Cracker Assortment 0.50 -2 28136 KEEBLER, TOASTEDS, Party Pack Cracker Assortment 0.50 -2 28137 KEELLOGGS, POP-TARTS, Frosted Cookies & ampt. Creme Toaster Pastries 0.50 -2 28138 KELLOGGS, POP-TARTS, MINI CRISPS, Cinnamon Brown Sugar Baked Bites 0.50 -2 28185 KELLOGGS, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites 0.50 -2 28189 MOTHERS, English Fea Sandwich Cookies 0.50 -2 28190 MOTHERS, English Fe	28010	KELLOGG'S, EGGO, Waffles, Buttermilk	0.50	
28027 FAMOUS AMOS, Chocolate Chip Cookies 0.50 - 28030 GIRL SCOUTS, Chalet Cookies 0.50 - 28052 GIRL SCOUTS, Samoas Cookies 0.50 - 28053 KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies 0.50 - 28054 KEEBLER, CHIPS DELUXE, Coconut Cookies 0.50 - 28055 KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies 0.50 - 28059 KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies 0.50 - 28078 KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies 0.50 - 28078 KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies 0.50 - 28083 KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies 0.50 - 28121 KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies 0.50 - 28122 KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies 0.50 - 28130 KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat 0.50 - 28131 KEEBLER, Sweet Cremes Cookies 0.50 -	28015	KELLOGG'S, EGGO, Waffles, Homestyle	0.50	
28030 GIRL SCOUTS, Chalet Cookies 0.50 - 28032 GIRL SCOUTS, Samoas Cookies 0.50 - 28053 KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies 0.50 - 28054 KEEBLER, CHIPS DELUXE, Coconut Cookies 0.50 - 28055 KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies 0.50 - 28059 KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies 0.50 - 28078 KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies 0.50 - 28083 KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies 0.50 - 28121 KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies 0.50 - 28122 KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies 0.50 - 28129 KEEBLER, SANDIES, Pecan Shortbread Cookies 0.50 - 28130 KEEBLER, SANDIES, Pecan Shortbread Cookies 0.50 - 28131 KEEBLER, Toasted Coconuc Cookies 0.50 - 28132 KEEBLER, Toasted Coconuc Cookies 0.50 -<	28017	KASHI, TLC, Pita Crisps, Sea Salt	0.50	
28032 GIRL SCOUTS, Samoas Cookies 0.50 28053 KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies 0.50 28054 KEEBLER, CHIPS DELUXE, Coconut Cookies 0.50 28055 KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies 0.50 28059 KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies 0.50 28078 KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies 0.50 28083 KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies 0.50 28121 KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped 0.50 28122 KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies 0.50 28129 KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat 0.50 28130 KEEBLER, SOFT BATCH, Chocolate Chip Cookies 0.50 28131 KEEBLER, Sweet Cremes Cookies 0.50 28132 KEEBLER, TOASTEDS, Party Pack Cracker Assortment 0.50 28134 KEEBLER, TOASTEDS, Party Pack Cr	28027	FAMOUS AMOS, Chocolate Chip Cookies	0.50	
28053 KEEBLER, CHIPS DELUXE, Coconut Cookies 0.50 - 28054 KEEBLER, CHIPS DELUXE, Coconut Cookies 0.50 - 28055 KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies 0.50 - 28059 KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies 0.50 - 28078 KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies 0.50 - 28083 KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies 0.50 - 28121 KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped 0.50 - 28122 KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies 0.50 - 28129 KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat 0.50 - 28130 KEEBLER, SOFT BATCH, Chocolate Chip Cookies 0.50 - 28131 KEEBLER, Sweet Cremes Cookies 0.50 - 28132 KEEBLER, Toasted Occount Cookies 0.50 - 28134 KEEBLER, TOASTEDS, Party Pack Cracker Assortment 0.50 - 28169 KELLOGG'S, POP-TARTS, Frosted Cookies & Camp; Creme T	28030	GIRL SCOUTS, Chalet Cookies	0.50	
28054 KEEBLER, CHIPS DELUXE, Coconut Cookies 0.50 - 28055 KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies 0.50 - 28059 KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies 0.50 - 28078 KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies 0.50 - 28083 KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies 0.50 - 28121 KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped 0.50 - 28122 KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies 0.50 - 28129 KEEBLER, SohDIES, Pecan Shortbread Cookies 0.50 - 28130 KEEBLER, SoFT BATCH, Chocolate Chip Cookies 0.50 - 28131 KEEBLER, Sweet Cremes Cookies 0.50 - 28132 KEEBLER, Toasted Coconut Cookies 0.50 - 28134 KEEBLER, Toasted Coconut Cookies 0.50 - 28134 KEEBLER, Toasted Cockies & Eamp; Creme Toaster Pastries 0.50 - 28135 KELLOGG'S, POP-TARTS, Frosted Cookies & Eamp; Creme Toaster Pastr	28032	GIRL SCOUTS, Samoas Cookies	0.50	
28055 KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies 0.50 28059 KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies 0.50 28078 KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies 0.50 28083 KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies 0.50 28121 KEEBLER, 100 Calorice RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped 0.50 28122 KEEBLER, 100 Calorice RIGHT BITES, Sandies Shortbread Cookies 0.50 28139 KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat 0.50 28130 KEEBLER, SOFT BATCH, Chocolate Chip Cookies 0.50 28131 KEEBLER, Sweet Cremes Cookies 0.50 28132 KEEBLER, Toasted Coconut Cookies 0.50 28134 KEEBLER, TOASTEDS, Party Pack Cracker Assortment 0.50 28169 KELLOGG'S, POP-TARTS, Frosted Cookies & amp; Creme Toaster Pastries 0.50 28183 KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites 0.50 2818	28053	KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies	0.50	
28059 KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies 0.50 28078 KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies 0.50 28083 KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies 0.50 28121 KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped 0.50 28122 KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies 0.50 28129 KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat 0.50 28130 KEEBLER, SOFT BATCH, Chocolate Chip Cookies 0.50 28131 KEEBLER, Sweet Cremes Cookies 0.50 28132 KEEBLER, Toasted Coconut Cookies 0.50 28134 KEEBLER, TOASTEDS, Party Pack Cracker Assortment 0.50 28169 KELLOGG'S, POP-TARTS, Frosted Cookies & amp; Creme Toaster Pastries 0.50 28179 KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites 0.50 28183 KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites 0.50	28054	KEEBLER, CHIPS DELUXE, Coconut Cookies	0.50	
28078 KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies 0.50 28083 KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies 0.50 28121 KEEBLER, 100 Caloric RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped 0.50 28122 KEEBLER, 100 Caloric RIGHT BITES, Sandies Shortbread Cookies 0.50 28129 KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat 0.50 28130 KEEBLER, SOFT BATCH, Chocolate Chip Cookies 0.50 28131 KEEBLER, Sweet Cremes Cookies 0.50 28132 KEEBLER, Toasted Coconut Cookies 0.50 28134 KEEBLER, TOASTEDS, Party Pack Cracker Assortment 0.50 28169 KELLOGG'S, POP-TARTS, Frosted Cookies & amp; Creme Toaster Pastries 0.50 28179 KELLOGG'S, POP-TARTS, Lee Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries 0.50 28183 KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites 0.50 28199 MOTHER, S., English Tea Sandwich Cookies 0.50 <	28055	KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies	0.50	
28083 KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies 0.50 28121 KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped 0.50 28122 KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies 0.50 28129 KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat 0.50 28130 KEEBLER, SOFT BATCH, Chocolate Chip Cookies 0.50 28131 KEEBLER, Sweet Cremes Cookies 0.50 28132 KEEBLER, Toasted Coconut Cookies 0.50 28134 KEEBLER, TOASTEDS, Party Pack Cracker Assortment 0.50 28169 KELLOGG'S, POP-TARTS, Frosted Cookies & D.50 28179 KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries 0.50 28183 KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites 0.50 28185 KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites 0.50 28199 MOTHER'S, English Tea Sandwich Cookies 0.50	28059	KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies	0.50	
28121 KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped 0.50 28122 KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies 0.50 28129 KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat 0.50 28130 KEEBLER, SOFT BATCH, Chocolate Chip Cookies 0.50 28131 KEEBLER, Sweet Cremes Cookies 0.50 28132 KEEBLER, Toasted Coconut Cookies 0.50 28134 KEEBLER, TOASTEDS, Party Pack Cracker Assortment 0.50 28169 KELLOGG'S, POP-TARTS, Frosted Cookies & amp; Creme Toaster Pastries 0.50 28179 KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries 0.50 28183 KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites 0.50 28185 KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites 0.50 28199 MOTHER'S, English Tea Sandwich Cookies 0.50	28078	KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies	0.50	
28122 KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies 0.50 28129 KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat 0.50 28130 KEEBLER, SOFT BATCH, Chocolate Chip Cookies 0.50 28131 KEEBLER, Sweet Cremes Cookies 0.50 28132 KEEBLER, Toasted Coconut Cookies 0.50 28134 KEEBLER, TOASTEDS, Party Pack Cracker Assortment 0.50 28169 KELLOGG'S, POP-TARTS, Frosted Cookies & amp; Creme Toaster Pastries 0.50 28179 KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries 0.50 28183 KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites 0.50 28185 KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites 0.50 28199 MOTHER'S, English Tea Sandwich Cookies 0.50	28083	KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies	0.50	
28129 KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat 0.50 28130 KEEBLER, SOFT BATCH, Chocolate Chip Cookies 0.50 28131 KEEBLER, Sweet Cremes Cookies 0.50 28132 KEEBLER, Toasted Coconut Cookies 0.50 28134 KEEBLER, TOASTEDS, Party Pack Cracker Assortment 0.50 28169 KELLOGG'S, POP-TARTS, Frosted Cookies & D.50 28179 KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries 0.50 28183 KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites 0.50 28185 KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites 0.50 28199 MOTHER'S, English Tea Sandwich Cookies 0.50	28121	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped	0.50	
KEEBLER, SOFT BATCH, Chocolate Chip Cookies KEEBLER, Sweet Cremes Cookies KEEBLER, Toasted Coconut Cookies KEEBLER, Toasted Coconut Cookies KEEBLER, Toasted Coconut Cookies KEEBLER, TOASTEDS, Party Pack Cracker Assortment KELLOGG'S, POP-TARTS, Frosted Cookies & D.50 KELLOGG'S, POP-TARTS, Frosted Cookies & D.50 KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites MOTHER'S, English Tea Sandwich Cookies MOTHER'S, English Tea Sandwich Cookies	28122	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies	0.50	
KEEBLER, Sweet Cremes Cookies KEEBLER, Toasted Coconut Cookies KEEBLER, TOASTEDS, Party Pack Cracker Assortment KEEBLER, TOASTEDS, Party Pack Cracker Assortment KELLOGG'S, POP-TARTS, Frosted Cookies & D.50 KELLOGG'S, POP-TARTS, Frosted Cookies & D.50 KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites MOTHER'S, English Tea Sandwich Cookies MOTHER'S, English Tea Sandwich Cookies	28129	KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat	0.50	
KEEBLER, Toasted Coconut Cookies KEEBLER, ToASTEDS, Party Pack Cracker Assortment KELLOGG'S, POP-TARTS, Frosted Cookies & D.50 KELLOGG'S, POP-TARTS, Frosted Cookies & D.50 KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites MOTHER'S, English Tea Sandwich Cookies MOTHER'S, English Tea Sandwich Cookies	28130	KEEBLER, SOFT BATCH, Chocolate Chip Cookies	0.50	
KEEBLER, TOASTEDS, Party Pack Cracker Assortment 80.50 28169 KELLOGG'S, POP-TARTS, Frosted Cookies & D.50 28179 KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries 80.50 28183 KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites 80.50 28185 KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites 80.50 28199 MOTHER'S, English Tea Sandwich Cookies 80.50 28199 MOTHER'S, English Tea Sandwich Cookies	28131	KEEBLER, Sweet Cremes Cookies	0.50	
KELLOGG'S, POP-TARTS, Frosted Cookies & D.50 KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries 0.50 KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries 0.50 KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites 0.50 KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites 0.50 MOTHER'S, English Tea Sandwich Cookies 0.50	28132	KEEBLER, Toasted Coconut Cookies	0.50	
KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites MOTHER'S, English Tea Sandwich Cookies MOTHER'S, English Tea Sandwich Cookies	28134	KEEBLER, TOASTEDS, Party Pack Cracker Assortment	0.50	
28183 KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites 28185 KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites 28199 MOTHER'S, English Tea Sandwich Cookies 28199 MOTHER'S, English Tea Sandwich Cookies 28190 MOTHER'S, English Tea Sandwich Cookies	28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Toester Pastries	0.50	
28185 KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites 28199 MOTHER'S, English Tea Sandwich Cookies 0.50	28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	0.50	
28199 MOTHER'S, English Tea Sandwich Cookies 0.50	28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	0.50	
ACCOUNT TO SEE A LIVE OF THE SECOND TO SECOND	28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	0.50	
28209 MOTHER'S, Taffy Sandwich Cookies 0.50	28199	MOTHER'S, English Tea Sandwich Cookies	0.50	
	28209	MOTHER'S, Taffy Sandwich Cookies	0.50	

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
28211	MURRAY, Chocolatey Chip Thins Cookies	0.50	
28212	MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies	0.50	
28218	MURRAY, SOUTHERN KITCHEN, Coconut Cookies	0.50	
28229	MURRAY, SUGAR FREE, Shortbread Cookies	0.50	
28263	KEEBLER, Grahams, Cinnamon Crisp	0.50	
28270	MOTHER'S, Vanilla Sandwich Cookies	0.50	
28271	MURRAY, COOKIE JAR CLASSICS, Butter Cookies	0.50	
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	0.50	0.38
28346	Waffles, gluten-free, frozen, ready-to-heat	0.50	0.09
36404	Restaurant, Latino, arroz con leche (rice pudding)	0.50	0.03
18320	Pie, lemon meringue, commercially prepared	0.49	0.00
18338	Phyllo dough	0.49	0.10
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	0.49	0.03
19110	Candies, KRACKEL Chocolate Bar	0.49	0.02
19393	Frozen yogurts, chocolate, soft-serve	0.49	0.13
20045	Rice, white, long-grain, regular, enriched, cooked	0.49	0.07
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	0.49	0.04
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	0.49	0.07
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	0.49	0.07
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	0.49	0.07
21010	Fast foods, biscuit, with crispy chicken fillet	0.49	0.06
21105	Fast foods, fish sandwich, with tartar sauce	0.49	0.08
21258	BURGER KING, Premium Fish Sandwich	0.49	0.08
21415	POPEYES, biscuit	0.49	0.07
21522	McDONALD'S, Southern Style Chicken Biscuit	0.49	0.06
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	0.49	0.07
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	0.49	0.19
28310	Cookies, shortbread, reduced fat	0.49	0.09
28315	Bread, cinnamon	0.49	0.06
36002	APPLEBEE'S, french fries	0.49	0.11
36620	Restaurant, Chinese, shrimp and vegetables	0.49	0.08
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	0.49	0.20
43125	Beans, liquid from stewed kidney beans	0.49	0.10
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	0.49	0.20
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	0.49	0.02
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	0.49	0.05

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	0.49	0.05
03694	Babyfood, cereal, rice, prepared with whole milk	0.49	0.05
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	0.49	0.05
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	0.49	0.05
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	0.49	0.06
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	0.49	0.06
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	0.49	0.05
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	0.49	0.06
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	0.49	0.05
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	0.49	0.06
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	0.49	0.05
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	0.49	0.06
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	0.49	0.10
09163	Blueberries, dried, sweetened	0.49	0.16
11007	Artichokes, (globe or french), raw	0.49	0.23
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	0.49	0.06
11223	Drumstick leaves, cooked, boiled, drained, without salt	0.49	0.09
11281	Okra, frozen, cooked, boiled, drained, without salt	0.49	0.08
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	0.49	0.09
11364	Potatoes, baked, skin, without salt	0.49	0.82
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	0.49	0.16
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	0.49	0.08
11786	Drumstick leaves, cooked, boiled, drained, with salt	0.49	0.09
11804	Okra, frozen, cooked, boiled, drained, with salt	0.49	0.08
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	0.49	0.09
11830	Potatoes, baked, skin only, with salt	0.49	0.82
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	0.49	0.16
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	0.49	0.08
12098	Nuts, chestnuts, european, raw, peeled	0.49	0.42
15051	Fish, mackerel, spanish, raw	0.49	0.06
15131	Fish, whitefish, mixed species, smoked	0.49	0.32
15193	Fish, cusk, cooked, dry heat	0.49	0.02
18192	Cookies, shortbread, commercially prepared, plain	0.49	0.09
18200	Cookies, oatmeal, commercially prepared, special dietary	0.49	0.15
18229	Crackers, standard snack-type, regular	0.49	0.10
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	0.48	0.01

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
01110	Milk shakes, thick chocolate	0.48	0.06
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	0.48	0.01
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	0.48	0.02
03073	Babyfood, dinner, vegetables chicken, strained	0.48	0.07
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	0.48	0.08
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	0.48	0.08
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Dountry Ham flavor, dry	0.48	
09451	Horned melon (Kiwano)	0.48	0.02
11092	Broccoli, frozen, chopped, unprepared	0.48	0.04
11326	Peas and onions, frozen, unprepared	0.48	0.10
11656	Corn pudding, home prepared	0.48	0.04
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	0.48	0.06
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	0.48	0.06
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	0.48	0.08
15031	Fish, grouper, mixed species, raw	0.48	0.02
15090	Fish, scup, raw	0.48	0.05
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	0.48	0.04
15126	Fish, tuna, white, canned in water, drained solids	0.48	0.04
15186	Fish, tuna, white, canned in water, without salt, drained solids	0.48	0.04
15234	Fish, catfish, channel, farmed, raw	0.48	0.03
18009	Biscuits, plain or buttermilk, frozen, baked	0.48	0.08
18126	Cake, shortcake, biscuit-type, prepared from recipe	0.48	0.08
18304	Pie, banana cream, prepared from recipe	0.48	0.05
18386	Muffins, blueberry, toaster-type, toasted	0.48	0.10
18932	Waffles, buttermilk, frozen, ready-to-heat	0.48	0.04
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	0.48	0.04
19097	Sherbet, orange	0.48	0.03
19102	Candies, fudge, peanut butter, prepared-from-recipe	0.48	0.06
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	0.48	0.11
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	0.48	0.28
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	0.48	
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	0.48	0.06
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	0.48	0.08
36417	Restaurant, Mexican, spanish rice	0.48	0.06
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	0.48	0.02
18313	Pie, coconut creme, commercially prepared	0.47	0.07

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
19089	Ice creams, vanilla, rich	0.47	0.01
19094	Desserts, flan, caramel custard, prepared-from-recipe	0.47	0.03
19310	Pectin, unsweetened, dry mix	0.47	0.42
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	0.47	0.00
20650	Sorghum flour, refined, unenriched	0.47	0.01
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	0.47	0.07
35202	Raspberries, wild (Northern Plains Indians)	0.47	0.10
42131	Milk dessert, frozen, milk-fat free, chocolate	0.47	0.01
43514	Frozen novelties, ice type, pop, with low calorie sweetener	0.47	0.00
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	0.47	0.03
03083	Babyfood, dinner, turkey and rice, junior	0.47	0.03
03121	Babyfood, vegetables, peas, strained	0.47	0.06
06405	CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup	0.47	
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	0.47	0.16
11013	Asparagus, canned, regular pack, solids and liquids	0.47	0.11
11027	Bamboo shoots, cooked, boiled, drained, without salt	0.47	0.08
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	0.47	0.12
11370	Potatoes, hash brown, home-prepared	0.47	0.29
11501	Succotash, (corn and limas), frozen, unprepared	0.47	0.06
11707	Asparagus, canned, no salt added, solids and liquids	0.47	0.11
11712	Bamboo shoots, cooked, boiled, drained, with salt	0.47	0.08
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	0.47	0.12
11959	Arugula, raw	0.47	0.08
15065	Fish, pollock, Atlantic, raw	0.47	0.05
15079	Fish, salmon, chum, raw	0.47	0.06
15124	Fish, tuna, white, canned in oil, drained solids	0.47	0.13
15185	Fish, tuna, white, canned in oil, without salt, drained solids	0.47	0.13
15215	Fish, shad, american, cooked, dry heat	0.47	0.08
15239	Fish, salmon, coho, farmed, cooked, dry heat	0.47	0.09
18198	Cookies, chocolate chip, commercially prepared, special dietary	0.47	0.22
01057	Eggnog	0.46	0.01
01286	Yogurt, Greek, vanilla, nonfat	0.46	0.02
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	0.46	0.04
06158	Soup, tomato bisque, canned, condensed	0.46	0.10
11167	Corn, sweet, yellow, raw	0.46	0.05
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	0.46	0.05

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
11461	Spinach, canned, regular pack, drained solids	0.46	0.18
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	0.46	0.05
11908	Corn, sweet, white, canned, vacuum pack, regular pack	0.46	0.05
11909	Corn, sweet, white, canned, vacuum pack, no salt added	0.46	0.05
15023	Fish, mahimahi, raw	0.46	0.04
15085	Fish, salmon, sockeye, raw	0.46	0.06
15212	Fish, salmon, pink, cooked, dry heat	0.46	0.08
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	0.46	0.07
16029	Beans, kidney, all types, mature seeds, canned	0.46	0.14
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	0.46	0.09
18148	Cheesecake prepared from mix, no-bake type	0.46	0.03
18327	Pie, pumpkin, prepared from recipe	0.46	0.07
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	0.46	0.12
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	0.46	0.17
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	0.46	0.08
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	0.46	0.06
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	0.46	0.18
36610	DENNY'S, french fries	0.46	0.11
42279	Babyfood, peas and brown rice	0.46	0.08
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	0.45	0.08
18935	Waffle, plain, frozen, ready-to-heat, microwave	0.45	0.04
18969	Cream puff, eclair, custard or cream filled, iced	0.45	0.06
19083	Candies, sweet chocolate coated fondant	0.45	0.43
20116	Noodles, japanese, somen, dry	0.45	0.14
21144	CHICK-FIL-A, hash browns	0.45	0.11
21335	McDONALD'S, Hot Caramel Sundae	0.45	0.02
22247	Macaroni and Cheese, canned entree	0.45	0.30
22955	Egg rolls, vegetable, frozen, prepared	0.45	0.10
42283	Snacks, potato chips, white, restructured, baked	0.45	0.10
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	0.45	0.01
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	0.45	0.01
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	0.45	0.01
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	0.45	0.02
01285	Yogurt, Greek, strawberry, nonfat	0.45	0.02
05047	Chicken, broilers or fryers, separable fat, raw	0.45	0.03
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	0.45	0.05

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
11091	Broccoli, cooked, boiled, drained, without salt	0.45	0.06
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	0.45	0.08
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	0.45	0.06
11583	Vegetables, mixed, frozen, unprepared	0.45	0.09
11620	Drumstick pods, raw	0.45	0.08
11742	Broccoli, cooked, boiled, drained, with salt	0.45	0.06
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	0.45	0.08
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	0.45	0.06
11900	Corn, sweet, white, raw	0.45	0.05
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	0.45	0.01
15015	Fish, cod, Atlantic, raw	0.45	0.03
15045	Fish, lingcod, raw	0.45	0.03
15093	Fish, seatrout, mixed species, raw	0.45	0.03
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	0.45	0.04
15240	Fish, trout, rainbow, farmed, raw	0.45	0.05
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	0.45	0.15
18146	Cake, yellow, prepared from recipe without frosting	0.45	0.06
18177	Cookies, molasses	0.45	0.37
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	0.44	0.02
06007	Soup, bean with ham, canned, chunky, ready-to-serve	0.44	0.16
09291	Plums, dried (prunes), uncooked	0.44	0.28
09421	Dates, medjool	0.44	0.36
11366	Potatoes, boiled, cooked in skin, skin, without salt	0.44	0.88
11832	Potatoes, boiled, cooked in skin, skin, with salt	0.44	0.88
15078	Fish, salmon, chinook, raw	0.44	0.04
15102	Fish, snapper, mixed species, cooked, dry heat	0.44	0.05
15267	Fish, pollock, Alaska, cooked (not previously frozen)	0.44	0.04
18105	Coffeecake, creme-filled with chocolate frosting	0.44	0.07
18179	Cookies, oatmeal, commercially prepared, soft-type	0.44	0.55
18250	Doughnuts, cake-type, plain, sugared or glazed	0.44	0.10
18310	Pie, chocolate creme, commercially prepared	0.44	0.12
18336	Pie crust, standard-type, prepared from recipe, baked	0.44	0.09
18388	Muffins, wheat bran, toaster-type with raisins, toasted	0.44	0.12
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	0.44	0.04
19074	Candies, caramels	0.44	0.02
19350	Syrups, corn, light	0.44	0.00

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
20097	Pasta, homemade, made with egg, cooked	0.44	0.06
20106	Macaroni, vegetable, enriched, cooked	0.44	0.09
21023	Fast foods, french toast with butter	0.44	0.05
21248	WENDY'S, Frosty Dairy Dessert	0.44	0.08
21249	BURGER KING, french fries	0.44	0.13
27054	Dip, TOSTITOS, salsa con queso, medium	0.44	0.00
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	0.44	0.09
32025	Dumpling, potato- or cheese-filled, frozen	0.44	0.06
36029	DENNY'S, fish fillet, battered or breaded, fried	0.44	0.05
19114	Ice creams, chocolate, light	0.43	0.10
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	0.43	0.07
19162	Candies, WHATCHAMACALLIT Candy Bar	0.43	0.12
19193	Puddings, rice, ready-to-eat	0.43	0.02
21034	Fast foods, sundae, strawberry	0.43	0.05
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	0.43	0.08
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	0.43	0.02
36022	APPLEBEE'S, crunchy onion rings	0.43	0.09
36626	Restaurant, Chinese, chicken and vegetables	0.43	0.04
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	0.43	0.03
01112	Whey, acid, fluid	0.43	0.00
01244	Milk dessert bar, frozen, made from lowfat milk	0.43	0.10
03048	Babyfood, macaroni and cheese, toddler	0.43	0.04
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	0.43	0.12
09428	Rowal, raw	0.43	1.06
11279	Okra, cooked, boiled, drained, without salt	0.43	0.08
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	0.43	0.11
11497	Succotash, (corn and limas), canned, with cream style corn	0.43	0.18
11803	Okra, cooked, boiled, drained, with salt	0.43	0.08
14182	Beverages, chocolate syrup, prepared with whole milk	0.43	0.09
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	0.43	0.04
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	0.43	0.07
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	0.43	0.03
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	0.43	0.04
15075	Fish, sablefish, smoked	0.43	0.04
15095	Fish, shark, mixed species, raw	0.43	0.03
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	0.43	0.05

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
15238	Fish, salmon, coho, farmed, raw	0.43	0.05
15269	Fish, cod, Pacific, cooked (not previously frozen)	0.43	0.02
16124	Soy sauce made from soy (tamari)	0.43	0.14
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	0.43	0.04
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	0.43	0.08
18209	Cookies, sugar wafers with creme filling, regular	0.43	0.07
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	0.42	0.01
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	0.42	0.01
01088	Milk, buttermilk, fluid, cultured, lowfat	0.42	0.01
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	0.42	0.01
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	0.42	0.01
06165	Sauce, homemade, white, thin	0.42	0.01
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	0.42	0.03
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	0.42	0.07
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	0.42	
09264	Persimmons, japanese, dried	0.42	0.44
09302	Raspberries, raw	0.42	0.09
09518	Raspberries, frozen, unsweetened	0.42	0.09
11098	Brussels sprouts, raw	0.42	0.07
11152	Chicory greens, raw	0.42	0.30
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	0.42	0.07
11459	Spinach, canned, regular pack, solids and liquids	0.42	0.12
11621	Drumstick pods, cooked, boiled, drained, without salt	0.42	0.08
11787	Drumstick pods, cooked, boiled, drained, with salt	0.42	0.08
11855	Spinach, canned, no salt added, solids and liquids	0.42	0.12
14632	Beverages, Meal supplement drink, canned, peanut flavor	0.42	0.03
15020	Fish, croaker, Atlantic, raw	0.42	0.04
15027	Fish, fish sticks, frozen, prepared	0.42	0.06
15104	Fish, sturgeon, mixed species, raw	0.42	0.04
16104	Bacon, meatless	0.42	0.10
18112	Cake, pudding-type, german chocolate, dry mix	0.42	0.16
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	0.42	0.16
18208	Cookies, sugar, prepared from recipe, made with margarine	0.42	0.08
18373	Leavening agents, cream of tartar	0.42	0.20
18959	Pastry, Pastelitos de Guava (guava pastries)	0.42	0.08
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	0.42	0.06

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
19293	Frozen yogurts, vanilla, soft-serve	0.42	0.04
20051	Rice, white, medium-grain, enriched, cooked	0.42	0.04
20451	Rice, white, medium-grain, cooked, unenriched	0.42	0.04
21321	McDONALD'S, Hotcakes (plain)	0.42	0.09
22906	Chicken pot pie, frozen entree, prepared	0.42	0.04
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	0.42	
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	0.42	0.05
36607	CRACKER BARREL, steak fries	0.42	0.12
36621	Restaurant, Chinese, sweet and sour chicken	0.42	0.04
43046	Candies, nougat, with almonds	0.42	0.13
43497	Jellyfish, dried, salted	0.42	0.14
19227	Frostings, coconut-nut, ready-to-eat	0.41	0.12
19355	Syrups, sorghum	0.41	0.13
20055	Rice, white, glutinous, unenriched, cooked	0.41	0.05
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	0.41	0.03
27052	Dip, salsa con queso, cheese and salsa- medium	0.41	0.00
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	0.41	0.02
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	0.41	0.84
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	0.41	0.01
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	0.41	0.06
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	0.41	0.01
01284	Yogurt, Greek, strawberry, lowfat	0.41	0.02
03072	Babyfood, dinner, chicken stew, toddler	0.41	0.02
06166	Sauce, homemade, white, medium	0.41	0.02
08092	Cereals, QUAKER, corn grits, instant, plain, dry	0.41	0.03
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	0.41	0.08
08314	Cereals, QUAKER, hominy grits, white, quick, dry	0.41	
08316	Cereals, QUAKER, hominy grits, white, regular, dry	0.41	
09043	Blackberry juice, canned	0.41	0.11
11019	Asparagus, frozen, cooked, boiled, drained, without salt	0.41	0.10
11043	Mung beans, mature seeds, sprouted, raw	0.41	0.16
11090	Broccoli, raw	0.41	0.05
11207	Dandelion greens, raw	0.41	0.17
11302	Peas, edible-podded, frozen, unprepared	0.41	0.08
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	0.41	0.20
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	0.41	0.04

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	0.41	0.10
11520	Taro leaves, raw	0.41	0.27
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	0.41	0.15
11581	Vegetables, mixed, canned, drained solids	0.41	0.07
11709	Asparagus, frozen, cooked, boiled, drained, with salt	0.41	0.10
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	0.41	0.20
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	0.41	0.15
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	0.41	0.04
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	0.41	0.04
15054	Fish, monkfish, raw	0.41	0.03
15081	Fish, salmon, coho, wild, raw	0.41	0.05
15208	Fish, sablefish, cooked, dry heat	0.41	0.03
15262	Fish, tilapia, cooked, dry heat	0.41	0.08
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	0.41	0.08
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	0.41	0.09
01012	Cheese, cottage, creamed, large or small curd	0.40	0.03
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	0.40	0.01
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	0.40	0.01
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	0.40	0.02
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	0.40	0.03
03069	Babyfood, dinner, chicken noodle, junior	0.40	0.03
03077	Babyfood, dinner, pasta with vegetables	0.40	0.11
03082	Babyfood, dinner, turkey and rice, strained	0.40	0.03
03089	Babyfood, dinner, macaroni and cheese, strained	0.40	0.02
03287	Babyfood, dinner, beef noodle, junior	0.40	0.03
03289	Babyfood, apples with ham, strained	0.40	0.04
04638	Salad dressing, ranch dressing, fat-free	0.40	0.20
06015	Soup, chicken, canned, chunky, ready-to-serve	0.40	0.10
06022	Soup, chicken rice, canned, chunky, ready-to-serve	0.40	0.10
06042	Soup, mushroom barley, canned, condensed	0.40	0.16
06063	Soup, tomato rice, canned, condensed	0.40	0.10
06167	Sauce, homemade, white, thick	0.40	0.02
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	0.40	0.11
06217	Soup, vegetable, canned, low sodium, condensed	0.40	0.23
06549	Soup, chicken mushroom, canned, prepared with equal volume water	0.40	0.10
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	0.40	1.11

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	0.40	0.08
09039	Avocados, raw, Florida	0.40	0.31
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	0.40	0.31
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	0.40	0.13
11015	Asparagus, canned, drained solids	0.40	0.10
11029	Beans, kidney, mature seeds, sprouted, raw	0.40	0.16
11358	Potatoes, red, flesh and skin, baked	0.40	0.17
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	0.40	0.14
11372	Potatoes, scalloped, home-prepared with butter	0.40	0.16
11677	Shallots, raw	0.40	0.09
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	0.40	0.13
11740	Broccoli, flower clusters, raw	0.40	0.04
11741	Broccoli, stalks, raw	0.40	0.04
11844	Potatoes, scalloped, home-prepared with margarine	0.40	0.16
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	0.40	0.04
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	0.40	0.04
11975	Grape leaves, canned	0.40	1.84
12203	Nuts, chestnuts, japanese, boiled and steamed	0.40	0.20
15004	Fish, bass, striped, raw	0.40	0.03
15034	Fish, haddock, cooked, dry heat	0.40	0.03
15038	Fish, halibut, Greenland, raw	0.40	0.03
15091	Fish, sea bass, mixed species, raw	0.40	0.02
15266	Fish, pollock, Alaska, raw (not previously frozen)	0.40	0.04
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	0.40	
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	0.40	
16610	MORNINGSTAR FARMS Roasted Garlic & Duinoa Burger, frozen, unprepared	0.40	
18210	Cookies, vanilla sandwich with creme filling	0.40	0.11
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	0.40	0.07
18332	Pie crust, standard-type, dry mix	0.40	0.08
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	0.40	0.10
18951	Waffles, chocolate chip, frozen, ready-to-heat	0.40	0.22
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	0.40	
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	0.40	
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	0.40	
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	0.40	0.03
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	0.40	0.13

1979 b Camiles, caramels, checolate, Ripst, as suppr aided 0.40 ULTS 1978 5 kee carame, chicrolate, Ripst, as suppr aided 0.40 URTS 2013 3 Rice, white, short grain, corded, content 0.40 0.07 2013 5 Kice, white, short grain, corded, content 0.40 0.07 21515 6 KASHI, Fizza, Meditoron and Spanich, single serve, forcen, ungrepated 0.40 0.2 21516 6 KASHI, STEAM MEAL, Sesane Chicken, Forcen Entre 0.40 0.2 2800 7 KELLOGGS, EGGO, NUTRI-GRAIN Procer Print Pizza, Sixude Berry Granoln 0.40 0.2 2800 7 KELLOGGS, EGGO, Willers, Romaning Cimanon Bell 0.40 0.2 2800 8 KULLOGGS, EGGO, Willers, Romaning Cimanon Bell 0.40 0.2 2801 8 KULLOGGS, EGGO, Willers, Romaning Cimanon Bell 0.40 0.2 2802 8 KULLOGGS, EGGO, Willers, Romaning Cimanon Bell 0.40 0.2 2803 1 KELLOGGS, EGGO, Willers, Branching Total 0.40 0.2 2804 1 KELLOGGS, EGGO, Willers, Branching Total 0.40 0.2 2804 2 KELLOGGS, EGGO,	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
2005 Ricz, white, short grain, conked, unertiched 0.40 0.07 20153 Rice, white, short grain, conked, unertiched 0.40 0.07 21515 MORNINGSTAR PLANSN Prza, alligh Black Blean, Single serve, frozen, unprepared 0.40 21516 KASHI Pizza, Mushacom and Spriach, single serve, frozen, unprepared 0.40 21516 KASHI Pizza, Mushacom and Spriach, single serve, frozen, unprepared 0.40 28001 KRILLOGGS, EGGO, NUTRI-GRAIN Frozen Fruir Pizza, Mined Berry Granola 0.40 28002 KELLOGGS, EGGO, NUTRI-GRAIN Frozen Fruir Pizza, Strawberry Granola 0.40 28007 KELLOGGS, EGGO, Wafflers, Strawberry Stradel 0.40 28008 KELLOGGS, EGGO, Wafflers, Strawberry Stradel 0.40 28010 KELLOGGS, EGGO, Wafflers, Strawberry Stradel 0.40 28011 KELLOGGS, EGGO, Wafflers, Strawberry Stradel 0.40 28012 KELLOGGS, EGGO, Wafflers, Strawberry 0.40 28014 KELLOGGS, EGGO, Wafflers, Strawberry 0.40 28	19076	Candies, caramels, chocolate-flavor roll	0.40	0.13
No.	19265	Ice creams, chocolate, light, no sugar added	0.40	0.02
21515 MORNINGSTAR FARMS Floza, Baja Black Bean, single serve, frozen, unprepared 0.40 -2 12515 KASIII Pazz, Misdruom and Spinach, single serve, frozen, unprepared 0.40 -2 1252 12	20053	Rice, white, short-grain, enriched, cooked	0.40	0.07
21516 KASHII Pizza, Mushroom and Spirach, single serve, Irozen, unprepared 0.40 - 22991 KASHII, STEAM MEAL, Seame Chicken, Frozen Eurire 0.40 - 28002 KELLOGGS, EGGO, NUTRI-GRAIN Frozen Fruir Pizza, Strawberry Granola 0.40 - 28002 KELLOGGS, EGGO, NUTRI-GRAIN Frozen Fruir Pizza, Strawberry Granola 0.40 - 28007 KELLOGGS, EGGO, Waffles, Brown Sugar Crinamon Roll 0.40 - 28009 KELLOGGS, EGGO, Waffles, Brown Sugar Crinamon Roll 0.40 - 28009 KELLOGGS, EGGO, Waffles, Brown Sugar Crinamon Roll 0.40 - 28009 KELLOGGS, EGGO, Waffles, Biocherry 0.40 - 28011 KFILOGGS, FGGO, Waffles, Biocherry 0.40 - 28011 KFILOGGS, EGGO, Waffles, Biocherry 0.40 - 28011 KFILOGGS, EGGO, Waffles, Strawberry Kinsled 0.40 - 28011 KFILOGGS, EGGO, Waffles, Strawberry Kinsled 0.40 - 28011 KFILOGGS, EGGO, Waffles, Forch Toast 0.40 - 28012 KELLOGGS, EGGO, Waffles, Fumphin Spice 0.40 - 28012 KELLOGGS, EGGO, Waffles, Strawberry 0.40 - 28013 JACKSONS, Old Fashioned Lemon Jumble Cookies 0.40 - 28013 JACKSONS, Old Fashioned Lemon Jumble Cookies 0.40 - 28013 JACKSONS, Old Fashioned Lemon Jumble Cookies 0.40 - 28014 KEEBLER, ANIMALS, Cockies 0.40 - 28014 KEEBLER, ANIMALS, Cockies 0.40 - 28014 KEEBLER, FUDGE SHOPPE, Caranel Filled Cookies 0.40 - 28014 KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate 0.40 - 28014 KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate 0.40 - 28014 KEEBLER, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies 0.40 - 28018 KEEBLER, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies 0.40 - 28014 MOT	20453	Rice, white, short-grain, cooked, unenriched	0.40	0.07
22991 KASHI, STFAM MFAI, Sesame Chicken, Frozen Fattree 0.40 -	21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared	0.40	
28001 KELLOGGS, EGGO, NUTRI-GRAIN Frozen Fruit Praza, Stawberry Granola 0.40 - 28002 KELLOGGS, EGGO, NUTRI-GRAIN Frozen Fruit Praza, Stawberry Granola 0.40 - 28008 KELLOGGS, EGGO, Walflers, Brows Sugar Cimamon Roll 0.40 - 28009 KELLOGGS, EGGO, Walflers, Browberry Strudel 0.40 - 28010 KELLOGGS, EGGO, Walfles, Cimamon Toast 0.40 - 28011 KELLOGGS, EGGO, Walfles, Cimamon Toast 0.40 - 28012 KELLOGGS, EGGO, Walfles, Cimamon Toast 0.40 - 28014 KELLOGGS, EGGO, Walfles, Damestyle 0.40 - 28016 KELLOGGS, EGGO, Walfles, Homestyle 0.40 - 28022 KELLOGGS, EGGO, Seasons, Walfles, Homestyle 0.40 - 28023 KELLOGGS, EGGO, Seasons, Walfles, Pumpkin Spice 0.40 - 28024 KELLOGGS, EGGO, Trick Ramper Julyft, Walfles, Original 0.40 - 28025 KELLOGGS, EGGO, Trick Ramper Julyft, Walfles, Original 0.40 - 28026 KELLOGGS, EGGO, Trick Ramper Julyft, Walfles, Original 0.40	21516	KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared	0.40	
28002 KELLOGGS, EGGO, NUTRI-GRAIN Frozen Fruit Fizza, Strawberry Granola 0.40 28007 KELLOGGS, EGGO, Waffles, Brown Sugar Cimannon Roll 0.40 28008 KELLOGGS, EGGO, Waffles, Blueberry 0.40 28011 KELLOGGS, EGGO, Waffles, Blueberry 0.40 28012 KELLOGGS, EGGO, Waffles, Clinamon Toast 0.40 28014 KELLOGGS, EGGO, Waffles, Buternilk 0.40 28016 KELLOGGS, EGGO, Waffles, French Toast 0.40 28017 KELLOGGS, EGGO, Waffles, French Toast 0.40 28020 KELLOGGS, EGGO, Waffles, French Toast 0.40 28021 KELLOGGS, EGGO, Waffles, Stromberly 0.40 28022 KELLOGGS, EGGO, Waffles, Stromberly 0.40 28023 KELLOGGS, EGGO, Waffles, Stromberry 0.40 28024 KELLOGGS, EGGO, Waffles, Waffles, Original 0.40 28025 KELLOGGS, EGGO, Waffles, Waffles, Original 0.40 28026 KELLOGGS, EGGO,	22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	0.40	
28007 KFILLOGGS, EGGO, Wafflers, Brown Sugar Cinnamon Roll 0.40	28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	0.40	
28008 KELLOGGS, EGGO, Wafflers, Strawberry Strudel 0.40 - 28099 KELLOGGS, EGGO, Waffles, Blueberry 0.40 - 28011 KELLOGGS, EGGO, Waffles, Cimamon Toast 0.40 - 28012 KELLOGGS, EGGO, FIBERPLUS Waffles, Butermilk 0.40 - 28014 KELLOGGS, EGGO, Waffles, Prench Toast 0.40 - 28016 KELLOGGS, EGGO, Waffles, Prench Toast 0.40 - 28022 KELLOGGS, EGGO Seasons, Waffles, Pumpkin Spice 0.40 - 28023 KELLOGGS, EGGO, Waffles, Strawberry 0.40 - 28024 KELLOGGS, EGGO, Waffles, Strawberry 0.40 - 28025 KELLOGGS, EGGO, Thick & Ramp; Pluffy, Waffles, Original 0.40 - 28026 KELLOGGS, EGGO, Thick & Ramp; Pluffy, Waffles, Original 0.40 - 28029 GIRL SCOUTS, Caramel Duke De Leche Cokies 0.40 - 28033 JACKSONS, Old Fashioned Lemon Jumble Cokies 0.40 - 28045 KEBBLER, ANIMALS, Cockies 0.40 - 28046 KEBBLER, ANIMALS,	28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	0.40	
28009 KELLOGGS, EGGO, Waffles, Blueberry - 28011 KELLOGGS, EGGO, Waffles, Cinamon Toast 0.40 - 28012 KELLOGGS, EGGO, Waffles, Cinamon Toast 0.40 - 28014 KELLOGGS, EGGO, Waffles, Funch Toast 0.40 - 28016 KELLOGGS, EGGO Portein, Waffles, Homestyle 0.40 - 28022 KELLOGGS, EGGO Seasons, Waffles, Pumpkin Spice 0.40 - 28023 KELLOGGS, EGGO, Waffles, Simwherry 0.40 - 28024 KELLOGGS, EGGO, Waffles, Simwherry 0.40 - 28025 KELLOGGS, EGGO, Thick & Fluffly, Waffles, Original 0.40 - 28026 KELLOGGS, EGGO, Thick & Fluffly, Waffles, Original 0.40 - 28027 JACKSONS, Old Fashioned Lemon Jumble Cookies 0.40 - 28038 JACKSONS, Old Fashioned Vamilla Wafers 0.40 - 28043 KEEBLER, ANIMALS, Cookies 0.40 - 28045 KEEBLER, ANIMALS, Crackers 0.40 - 28046 KEEBLER, FUDGE SHOPPE, Mary Mint Partics, Holday <td< td=""><td>28007</td><td>KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll</td><td>0.40</td><td></td></td<>	28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	0.40	
28011 KELLOGG'S, EGGO, Waffles, Cinnamon Toast 0.40 28012 KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk 0.40 28014 KELLOGG'S, EGGO, Waffles, French Toast 0.40 28016 KELLOGG'S, EGGO Waffles, French Toast 0.40 28022 KELLOGG'S, EGGO Seasos, Waffles, Pumpkin Spice 0.40 28023 KELLOGG'S, EGGO, Waffles, Strawberry 0.40 28024 KELLOGG'S, EGGO, Waffles, Strawberry 0.40 28026 KELLOGG'S, EGGO, Waffles, Strawberry 0.40 28027 GIRL SCOUTS, Caramel Duke Pb Leche Cookies 0.40 28029 GIRL SCOUTS, Caramel Duke Pb Leche Cookies 0.40 28037 JACKSON'S, Old Fashioned Vanilla Wafers 0.40 28043 KEEBLER, ANIMALS, Cookies 0.40 28045 KEEBLER, ANIMALS, Cookies 0.40 28046 KEEBLER, ANIMALS, Cracker 0.40 28087 KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies	28008	KELLOGG'S, EGGO, Wafflers, Strawberry Strudel	0.40	
28012 KELLOGGS, EGGO, FIBERPLUS Waffles, Buttermilk 0.40 - 28014 KELLOGGS, EGGO, Waffles, French Toast 0.40 - 28016 KELLOGGS, EGGO Protein, Waffles, Homestyle 0.40 - 28022 KELLOGGS, EGGO Protein, Waffles, Pumpkin Spice 0.40 - 28023 KELLOGGS, SIMPLY EGGO, Original 0.40 - 28024 KELLOGGS, EGGO, Waffles, Strawberry 0.40 - 28026 KELLOGGS, EGGO, Thick & Fluffy, Waffles, Original 0.40 - 28029 GIRI, SCOUTS, Caramel Duler De Leche Cookies 0.40 - 28037 JACKSONS, Old Fashinored Lemon Jumble Cookies 0.40 - 28043 KEEBLER, ANIMALS, Cookies 0.40 - 28043 KEEBLER, ANIMALS, Cookies 0.40 - 28045 KEEBLER, ANIMALS, Crackers 0.40 - 28046 KEEBLER, ANIMALS, Crackers 0.40 - 28047 KEEBLER, FUDGE SHOPPE, Earnel Filled Cookies 0.40 - 28048 KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate	28009	KELLOGG'S, EGGO, Waffles, Blueberry	0.40	
28014 KEILOGGS, EGGO, Waffles, French Toast 0.40 - 28016 KEILOGGS, EGGO Protein, Waffles, Homestyle 0.40 - 28022 KEILOGGS, EGGO Seasons, Waffles, Pumpkin Spice 0.40 - 28023 KEILOGGS, EGGO, Original 0.40 - 28024 KEILOGGS, EGGO, Waffles, Strawberry 0.40 - 28026 KEILOGGS, EGGO, Thick & Fluffy, Waffles, Original 0.40 - 28027 JACKSONS, Old Fashioned Lemon Jumble Cookies 0.40 - 28038 JACKSONS, Old Fashioned Vamilla Wafers 0.40 - 28043 KEEBLER, ANIMALS, Cookies 0.40 - 28045 KEEBLER, ANIMALS, Iced Cookies 0.40 - 28046 KEEBLER, ANIMALS, Iced Cookies 0.40 - 28047 KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies 0.40 - 28048 KEEBLER, ANIMALS, Crackers 0.40 - 28049 KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies 0.40 - 28040 KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies 0.4	28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	0.40	
28016 KELLOGGS, EGGO Protein, Waffles, Homestyle 0.40 28022 KELLOGGS, EGGO Seasons, Waffles, Pumpkin Spice 0.40 28023 KELLOGGS, SIMPLY EGGO, Original 0.40 28024 KELLOGGS, EGGO, Waffles, Strawberry 0.40 28026 KELLOGGS, EGGO, Thick & Samp: Fluffy, Waffles, Original 0.40 28027 GIRL SCOUTS, Caramel Dulce De Leche Cookies 0.40 28037 JACKSON'S, Old Fashioned Lemon Jumble Cookies 0.40 28038 JACKSON'S, Old Fashioned Vanilla Wafers 0.40 28043 KEEBLER, ANIMALS, Cookies 0.40 28045 KEEBLER, ANIMALS, Keed Cookies 0.40 28046 KEEBLER, ANIMALS, Crackers 0.40 28047 KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies 0.40 28048 KEEBLER, FUDGE SHOPPE, Fudge Stripes Dark Chocolate 0.40 28047 KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday 0.40 28047 KEEBLER,	28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	0.40	
28022 KELLOGGS, EGGO Seasons, Waffles, Pumpkin Spice 0.40 - 28023 KELLOGGS, SIMPLY EGGO, Original 0.40 - 28024 KELLOGGS, EGGO, Waffles, Strawberry 0.40 - 28026 KELLOGGS, EGGO, Thick & Fluffy, Waffles, Original 0.40 - 28029 GIRL SCOUTS, Caramel Dulce De Leche Cookies 0.40 - 28037 JACKSON'S, Old Fashioned Lemon Jumble Cookies 0.40 - 28038 JACKSON'S, Old Fashioned Vanilla Wafers 0.40 - 28043 KEEBLER, ANIMALS, Cookies 0.40 - 28045 KEEBLER, ANIMALS, Cookies 0.40 - 28046 KEEBLER, ANIMALS, Crackers 0.40 - 28081 KEEBLER, HUGGE SHOPPE, Caramel Filled Cookies 0.40 - 28087 KEEBLER, FUDGE SHOPPE, Early Chocolate 0.40 - 28087 KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday 0.40 - 28114 KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies 0.40 - 28186 K	28014	KELLOGG'S, EGGO, Waffles, French Toast	0.40	
28023 KELLOGG'S, SIMPLY EGGO, Original 0.40 28024 KELLOGG'S, EGGO, Waffles, Strawberry 0.40 28026 KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original 0.40 28029 GIRL SCOUTS, Caramel Dulce De Leche Cookies 0.40 28037 JACKSON'S, Old Fashioned Lemon Jumble Cookies 0.40 28038 JACKSON'S, Old Fashioned Vanilla Wafers 0.40 28043 KEEBLER, ANIMALS, Cookies 0.40 28045 KEEBLER, ANIMALS, Ceackies 0.40 28046 KEEBLER, ANIMALS, Crackers 0.40 28081 KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies 0.40 28087 KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate 0.40 28087 KEEBLER, FUDGE SHOPPE, Merry Mint Parties, Holiday 0.40 28114 KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies 0.40 28180 KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar 0.40	28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	0.40	
28024 KELLOGG'S, EGGO, Waffles, Strawberry 0.40 28026 KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original 0.40 28029 GIRL SCOUTS, Caramel Dulce De Leche Cookies 0.40 28037 JACKSON'S, Old Fashioned Lemon Jumble Cookies 0.40 28038 JACKSON'S, Old Fashioned Vanilla Wafers 0.40 28043 KEEBLER, ANIMALS, Cookies 0.40 28045 KEEBLER, ANIMALS, Leed Cookies 0.40 28046 KEEBLER, ANIMALS, Crackers 0.40 28081 KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies 0.40 28081 KEEBLER, FUDGE SHOPPE, Endre Stripes, Dark Chocolate 0.40 28087 KEEBLER, FUDGE SHOPPE, Mint Patties, Holiday 0.40 28097 KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday 0.40 28114 KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies 0.40 28186 KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar 0.40	28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	0.40	
28026 KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original 0.40 28029 GIRL SCOUTS, Caramel Dulce De Leche Cookies 0.40 28037 JACKSON'S, Old Fashioned Lemon Jumble Cookies 0.40 28038 JACKSON'S, Old Fashioned Vanilla Wafers 0.40 28043 KEEBLER, ANIMALS, Cookies 0.40 28045 KEEBLER, ANIMALS, Leed Cookies 0.40 28046 KEEBLER, ANIMALS, Crackers 0.40 28081 KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies 0.40 28087 KEEBLER, FUDGE SHOPPE, Uage Stripes, Dark Chocolate 0.40 28087 KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday 0.40 28097 KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday 0.40 28114 KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies 0.40 28186 KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar 0.40 28189 KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch 0.40	28023	KELLOGG'S, SIMPLY EGGO, Original	0.40	
28029 GIRL SCOUTS, Caramel Dulce De Leche Cookies 0.40 28037 JACKSON'S, Old Fashioned Lemon Jumble Cookies 0.40 28038 JACKSON'S, Old Fashioned Vanilla Wafers 0.40 28043 KEEBLER, ANIMALS, Cookies 0.40 28045 KEEBLER, ANIMALS, Leed Cookies 0.40 28046 KEEBLER, ANIMALS, Crackers 0.40 28081 KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies 0.40 28087 KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate 0.40 28097 KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday 0.40 28114 KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies 0.40 28120 KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies 0.40 28186 KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar 0.40 28189 KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch 0.40 28194 MOTHER'S, 4th of July Circus Animal Cookies	28024	KELLOGG'S, EGGO, Waffles, Strawberry	0.40	
28037 JACKSON'S, Old Fashioned Lemon Jumble Cookies 0.40 28038 JACKSON'S, Old Fashioned Vanilla Wafers 0.40 28043 KEEBLER, ANIMALS, Cookies 0.40 28045 KEEBLER, ANIMALS, Iced Cookies 0.40 28046 KEEBLER, ANIMALS, Crackers 0.40 28081 KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies 0.40 28087 KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate 0.40 28097 KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday 0.40 28114 KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies 0.40 28120 KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies 0.40 28186 KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar 0.40 28189 KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch 0.40 28194 MOTHER'S, 4th of July Circus Animal Cookies 0.40 28195 MOTHER'S, Circus Animal Cookies 0.40	28026	KELLOGG'S, EGGO, Thick & Digital Waffles, Original	0.40	
28038 JACKSON'S, Old Fashioned Vanilla Wafers 0.40 28043 KEEBLER, ANIMALS, Cookies 0.40 28045 KEEBLER, ANIMALS, Iced Cookies 0.40 28046 KEEBLER, ANIMALS, Crackers 0.40 28081 KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies 0.40 28087 KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate 0.40 28097 KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday 0.40 28114 KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies 0.40 28120 KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies 0.40 28186 KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar 0.40 28189 KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch 0.40 28194 MOTHER'S, 4th of July Circus Animal Cookies 0.40 28196 MOTHER'S, Circus Animal Cookies 0.40	28029	GIRL SCOUTS, Caramel Dulce De Leche Cookies	0.40	
28043 KEEBLER, ANIMALS, Cookies 0.40 28045 KEEBLER, ANIMALS, Iced Cookies 0.40 28046 KEEBLER, ANIMALS, Crackers 0.40 28081 KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies 0.40 28087 KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate 0.40 28097 KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday 0.40 28114 KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies 0.40 28120 KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies 0.40 28186 KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar 0.40 28189 KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch 0.40 28194 MOTHER'S, 4th of July Circus Animal Cookies 0.40 28196 MOTHER'S, Circus Animal Cookies 0.40	28037	JACKSON'S, Old Fashioned Lemon Jumble Cookies	0.40	
28045 KEEBLER, ANIMALS, Icad Cookies 0.40 28046 KEEBLER, ANIMALS, Crackers 0.40 28081 KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies 0.40 28087 KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate 0.40 28097 KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday 0.40 28114 KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies 0.40 28120 KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies 0.40 28186 KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar 0.40 28189 KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch 0.40 28194 MOTHER'S, 4th of July Circus Animal Cookies 0.40 28196 MOTHER'S, Circus Animal Cookies 0.40	28038	JACKSON'S, Old Fashioned Vanilla Wafers	0.40	
28046 KEEBLER, ANIMALS, Crackers 0.40 28081 KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies 0.40 28087 KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate 0.40 28097 KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday 0.40 28114 KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies 0.40 28120 KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies 0.40 28186 KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar 0.40 28189 KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch 0.40 28194 MOTHER'S, 4th of July Circus Animal Cookies 0.40 28196 MOTHER'S, Circus Animal Cookies 0.40	28043	KEEBLER, ANIMALS, Cookies	0.40	
28081KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies0.4028087KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate0.4028097KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday0.4028114KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies0.4028120KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies0.4028186KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar0.4028189KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch0.4028194MOTHER'S, 4th of July Circus Animal Cookies0.4028196MOTHER'S, Circus Animal Cookies0.40	28045	KEEBLER, ANIMALS, Iced Cookies	0.40	
28087KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate0.4028097KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday0.4028114KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies0.4028120KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies0.4028186KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar0.4028189KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch0.4028194MOTHER'S, 4th of July Circus Animal Cookies0.4028196MOTHER'S, Circus Animal Cookies0.40	28046	KEEBLER, ANIMALS, Crackers	0.40	
KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch MOTHER'S, 4th of July Circus Animal Cookies MOTHER'S, Circus Animal Cookies 0.40	28081	KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies	0.40	
KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch MOTHER'S, 4th of July Circus Animal Cookies MOTHER'S, Circus Animal Cookies 0.40	28087	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate	0.40	
KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch MOTHER'S, 4th of July Circus Animal Cookies MOTHER'S, Circus Animal Cookies 0.40 28196 MOTHER'S, Circus Animal Cookies	28097	KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday	0.40	
KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch MOTHER'S, 4th of July Circus Animal Cookies MOTHER'S, Circus Animal Cookies 0.40	28114	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies	0.40	
KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch MOTHER'S, 4th of July Circus Animal Cookies MOTHER'S, Circus Animal Cookies 0.40	28120	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies	0.40	
MOTHER'S, 4th of July Circus Animal Cookies MOTHER'S, Circus Animal Cookies 0.40	28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	0.40	
28196 MOTHER'S, Circus Animal Cookies 0.40	28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	0.40	
	28194	MOTHER'S, 4th of July Circus Animal Cookies	0.40	
28198 MOTHER'S, Double Fudge Creme Sandwich Cookies 0.40	28196	MOTHER'S, Circus Animal Cookies	0.40	
	28198	MOTHER'S, Double Fudge Creme Sandwich Cookies	0.40	

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
28200	MOTHER'S, Halloween Circus Animals Cookies	0.40	
28201	MOTHER'S, Holiday Circus Animal Cookies	0.40	
28204	MOTHER'S, Jungle Animal Cookies	0.40	
28208	MOTHER'S, Peanut Butter Gauchos Cookies	0.40	
28215	MURRAY, JACKS Vanilla Wafers	0.40	
28230	MURRAY, SUGAR FREE, Shortbread Bites	0.40	
28231	MURRAY, SUGAR FREE, Vanilla Wafer	0.40	
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	0.40	
28267	KEEBLER, SANDIES, Simply Shortbread Cookies	0.40	
28275	MURRAY, Old Fashioned Gingersnaps Cookies	0.40	
42178	Mayonnaise, made with tofu	0.40	0.09
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	0.40	0.01
18326	Pie, pumpkin, commercially prepared	0.39	0.15
18333	Pie crust, standard-type, dry mix, prepared, baked	0.39	0.07
18402	Pie crust, standard-type, prepared from recipe, unbaked	0.39	0.08
18418	Cake, pound, commercially prepared, other than all butter, unenriched	0.39	0.05
21334	McDONALD'S, Strawberry Sundae	0.39	0.02
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	0.39	0.05
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	0.39	0.06
36033	Restaurant, family style, fish fillet, battered or breaded, fried	0.39	0.04
01049	Cream, fluid, half and half	0.39	0.01
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	0.39	0.08
01111	Milk shakes, thick vanilla	0.39	0.05
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	0.39	0.08
01276	Yogurt, Greek, strawberry, DANNON OIKOS	0.39	0.02
03298	Babyfood, dinner, broccoli and chicken, junior	0.39	0.03
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	0.39	0.23
09032	Apricots, dried, sulfured, uncooked	0.39	0.34
09259	Pears, dried, sulfured, uncooked	0.39	0.37
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	0.39	0.03
11254	Lotus root, raw	0.39	0.26
11291	Onions, spring or scallions (includes tops and bulb), raw	0.39	0.08
11374	Potatoes, canned, solids and liquids	0.39	0.07
11595	Winged beans, immature seeds, raw	0.39	0.05
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	0.39	0.10
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	0.39	0.03

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	0.39	0.10
11969	Broccoli, chinese, cooked	0.39	0.06
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	0.39	0.02
15083	Fish, salmon, pink, raw	0.39	0.06
15097	Fish, sheepshead, raw	0.39	0.03
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	0.39	0.02
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	0.39	0.08
18116	Cake, gingerbread, prepared from recipe	0.39	0.20
18121	Cake, pound, commercially prepared, other than all butter, enriched	0.39	0.05
18170	Cookies, fig bars	0.39	0.15
18277	Muffins, blueberry, toaster-type	0.39	0.08
18281	Muffins, corn, toaster-type	0.39	0.07
18290	Pancakes, plain, dry mix, complete, prepared	0.39	0.09
01016	Cheese, cottage, lowfat, 1% milkfat	0.38	0.03
01078	Milk, producer, fluid, 3.7% milkfat	0.38	0.01
01089	Milk, low sodium, fluid	0.38	0.01
01230	Milk, buttermilk, fluid, whole	0.38	0.02
03053	Babyfood, dinner, vegetables and beef, strained	0.38	0.03
03054	Babyfood, dinner, vegetables and beef, junior	0.38	0.03
06068	Soup, vegetarian vegetable, canned, condensed	0.38	0.10
06404	Soup, bean with pork, canned, prepared with equal volume water	0.38	0.15
11063	Beans, snap, green, microwaved	0.38	0.09
11086	Beet greens, raw	0.38	0.19
11105	Burdock root, cooked, boiled, drained, without salt	0.38	0.09
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	0.38	0.04
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	0.38	0.05
11276	New Zealand spinach, raw	0.38	0.09
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	0.38	0.12
11437	Salsify, (vegetable oyster), raw	0.38	0.09
11590	Waterchestnuts, chinese, canned, solids and liquids	0.38	0.10
11669	Seaweed, wakame, raw	0.38	0.28
11747	Burdock root, cooked, boiled, drained, with salt	0.38	0.09
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	0.38	0.05
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	0.38	0.14
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	0.38	0.01
15022	Fish, cusk, raw	0.38	0.02

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
18155	Cookies, butter, commercially prepared, enriched	0.38	0.20
18314	Pie, coconut cream, prepared from mix, no-bake type	0.38	0.08
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	0.38	0.07
18421	Cookies, butter, commercially prepared, unenriched	0.38	0.20
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	0.38	0.07
19195	Puddings, rice, dry mix, prepared with whole milk	0.38	0.02
19208	Puddings, rice, dry mix, prepared with 2% milk	0.38	0.02
19524	Snacks, taro chips	0.38	0.28
22914	Pasta with tomato sauce, no meat, canned	0.38	0.05
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	0.38	0.03
27051	Sauce, cocktail, ready-to-serve	0.38	0.11
31021	Potatoes, hash brown, refrigerated, unprepared	0.38	0.06
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	0.38	0.18
36044	ON THE BORDER, Mexican rice	0.38	0.07
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	0.38	0.03
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	0.38	0.03
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	0.37	0.02
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	0.37	0.14
20018	Corn flour, yellow, degermed, unenriched	0.37	0.14
20047	Rice, white, long-grain, parboiled, enriched, cooked	0.37	0.07
20098	Pasta, homemade, made without egg, cooked	0.37	0.06
20447	Rice, white, long-grain, parboiled, unenriched, cooked	0.37	0.07
21387	BURGER KING, Hash Brown Rounds	0.37	0.13
25027	Snacks, plantain chips, salted	0.37	0.20
28352	Cookies, vanilla sandwich with creme filling, reduced fat	0.37	0.08
35200	Prairie Turnips, raw (Northern Plains Indians)	0.37	0.05
01054	Cream, whipped, cream topping, pressurized	0.37	0.01
01058	Sour dressing, non-butterfat, cultured, filled cream-type	0.37	0.01
01077	Milk, whole, 3.25% milkfat, with added vitamin D	0.37	0.02
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	0.37	0.02
03303	Babyfood, dinner, sweet potatoes and chicken, strained	0.37	0.08
06030	Soup, clam chowder, new england, canned, condensed	0.37	0.24
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	0.37	0.06
10004	Pork, fresh, backfat, raw	0.37	0.02
11184	Corn with red and green peppers, canned, solids and liquids	0.37	0.06
11199	Yardlong bean, raw	0.37	0.05

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
11224	Hyacinth-beans, immature seeds, raw	0.37	0.05
11301	Peas, edible-podded, boiled, drained, without salt	0.37	0.08
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	0.37	0.08
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	0.37	0.13
11622	Kale, scotch, raw	0.37	0.24
11809	Peas, edible-podded, cooked, boiled, drained, with salt	0.37	0.08
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	0.37	0.13
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	0.37	0.04
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	0.37	0.02
14222	Beverages, coffee, instant, with chicory	0.37	0.05
15013	Fish, cisco, raw	0.37	0.07
15094	Fish, shad, american, raw	0.37	0.06
15112	Fish, tilefish, raw	0.37	0.04
15127	Fish, tuna, fresh, yellowfin, raw	0.37	0.04
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	0.37	
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	0.37	
16247	SILK Chai, soymilk	0.37	
16248	SILK Mocha, soymilk	0.37	
16249	SILK Coffee, soymilk	0.37	
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	0.37	0.06
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	0.36	0.01
01060	Milk, filled, fluid, with lauric acid oil	0.36	0.01
03045	Babyfood, dinner, macaroni and tomato and beef, junior	0.36	0.04
03297	Babyfood, dinner, apples and chicken, strained	0.36	0.04
04636	Salad dressing, italian dressing, fat-free	0.36	0.12
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	0.36	0.22
06401	Soup, cream of asparagus, canned, prepared with equal volume water	0.36	0.05
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	0.36	0.05
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	0.36	0.06
11054	Beans, snap, green, canned, regular pack, solids and liquids	0.36	0.04
11147	Chard, swiss, raw	0.36	0.18
11200	Yardlong bean, cooked, boiled, drained, without salt	0.36	0.05
11295	Onion rings, breaded, par fried, frozen, unprepared	0.36	0.07
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	0.36	0.11
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	0.36	0.09
11547	Tomato products, canned, puree, without salt added	0.36	0.29

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
11555	Tomato products, canned, sauce, with herbs and cheese	0.36	0.17
11674	Potatoes, baked, flesh and skin, without salt	0.36	0.12
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	0.36	0.33
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	0.36	0.06
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	0.36	0.10
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	0.36	0.10
11828	Potatoes, baked, flesh and skin, with salt	0.36	0.12
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	0.36	0.33
11888	Tomato products, canned, puree, with salt added	0.36	0.29
11899	Yardlong bean, cooked, boiled, drained, with salt	0.36	0.05
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	0.36	0.06
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	0.36	0.06
12077	Nuts, beechnuts, dried	0.36	0.67
14428	Beverages, shake, fast food, strawberry	0.36	0.02
15036	Fish, halibut, Atlantic and Pacific, raw	0.36	0.02
15070	Fish, rockfish, Pacific, mixed species, raw	0.36	0.03
15101	Fish, snapper, mixed species, raw	0.36	0.03
15236	Fish, salmon, Atlantic, farmed, raw	0.36	0.04
18114	Cake, gingerbread, dry mix	0.36	0.25
18212	Cookies, vanilla wafers, lower fat	0.36	0.10
18213	Cookies, vanilla wafers, higher fat	0.36	0.07
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	0.36	0.06
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	0.36	0.03
21026	Fast foods, potatoes, hash browns, round pieces or patty	0.36	0.10
21313	McDONALD'S, Hot Mustard Sauce	0.36	0.04
21380	McDONALD'S, Fruit 'n Yogurt Parfait	0.36	0.05
22899	Ravioli, cheese-filled, canned	0.36	0.14
23436	Beef, New Zealand, imported, subcutaneous fat, raw	0.36	0.01
36625	Restaurant, Chinese, vegetable lo mein, without meat	0.36	0.06
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	0.35	0.01
19209	Puddings, tapioca, dry mix, prepared with 2% milk	0.35	0.01
19324	Puddings, coconut cream, dry mix, regular	0.35	0.14
35142	Frybread, made with lard (Navajo)	0.35	0.09
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	0.35	0.07
03046	Babyfood, ravioli, cheese filled, with tomato sauce	0.35	0.04
03055	Babyfood, dinner, beef with vegetables	0.35	0.04

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	0.35	0.07
09286	Pomegranates, raw	0.35	0.16
11080	Beets, raw	0.35	0.08
11081	Beets, cooked, boiled, drained	0.35	0.07
11131	Carrots, frozen, cooked, boiled, drained, without salt	0.35	0.08
11356	Potatoes, Russet, flesh and skin, baked	0.35	0.11
11357	Potatoes, white, flesh and skin, baked	0.35	0.13
11362	Potatoes, raw, skin	0.35	0.42
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	0.35	0.09
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	0.35	0.10
11734	Beets, cooked, boiled. drained, with salt	0.35	0.07
11760	Carrots, frozen, cooked, boiled, drained, with salt	0.35	0.08
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	0.35	0.09
12099	Nuts, chestnuts, european, dried, unpeeled	0.35	0.65
12100	Nuts, chestnuts, european, dried, peeled	0.35	0.65
14203	Beverages, coffee, instant, regular, half the caffeine	0.35	0.14
14214	Beverages, coffee, instant, regular, powder	0.35	0.14
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	0.35	0.02
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	0.35	0.01
15058	Fish, ocean perch, Atlantic, cooked, dry heat	0.35	0.03
15268	Fish, cod, Pacific, raw (not previously frozen)	0.35	0.02
18019	Bread, banana, prepared from recipe, made with margarine	0.35	0.07
18117	Cake, pudding-type, marble, dry mix	0.35	0.14
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	0.34	0.03
09167	Loganberries, frozen	0.34	0.12
11082	Beets, canned, regular pack, solids and liquids	0.34	0.04
11094	Broccoli, frozen, spears, unprepared	0.34	0.04
11134	Cassava, raw	0.34	0.10
11197	Cowpeas, young pods with seeds, raw	0.34	0.10
11216	Ginger root, raw	0.34	0.23
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	0.34	0.08
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	0.34	0.07
11632	Peppers, jalapeno, canned, solids and liquids	0.34	0.15
11649	Tomato products, canned, sauce, spanish style	0.34	0.16
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	0.34	0.07
12127	Nuts, ginkgo nuts, raw	0.34	0.27

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
16166	Soymilk, chocolate, unfortified	0.34	0.21
16168	Soymilk, chocolate, with added calcium, vitamins A and D	0.34	0.21
18107	Coffeecake, cinnamon with crumb topping, dry mix	0.34	0.22
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	0.34	0.07
19183	Puddings, chocolate, ready-to-eat	0.34	0.09
19199	Puddings, tapioca, dry mix, prepared with whole milk	0.34	0.01
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	0.34	0.01
19271	Ice creams, strawberry	0.34	0.04
19321	Puddings, banana, dry mix, regular, prepared with whole milk	0.34	0.02
21319	McDONALD'S, Hash Brown	0.34	0.09
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	0.34	0.12
27048	Sauce, steak, tomato based	0.34	0.19
35205	Stinging Nettles, blanched (Northern Plains Indians)	0.34	0.08
36018	APPLEBEE'S, fish, hand battered	0.34	0.04
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	0.34	0.07
18453	Cake, yellow, light, dry mix	0.33	0.06
19007	Snacks, corn-based, extruded, onion-flavor	0.33	0.12
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	0.33	0.01
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	0.33	0.02
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	0.33	0.02
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	0.33	0.01
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	0.33	0.02
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	0.33	0.03
22971	Potato salad with egg	0.33	0.04
35204	Chokecherries, raw, pitted (Northern Plains Indians)	0.33	0.19
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	0.33	0.07
01013	Cheese, cottage, creamed, with fruit	0.33	0.04
01056	Cream, sour, cultured	0.33	0.02
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	0.33	0.03
03199	Babyfood, cereal, with eggs, strained	0.33	0.02
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	0.33	0.07
11099	Brussels sprouts, cooked, boiled, drained, without salt	0.33	0.08
11104	Burdock root, raw	0.33	0.08
11130	Carrots, frozen, unprepared	0.33	0.07
11141	Celeriac, raw	0.33	0.07
11148	Chard, swiss, cooked, boiled, drained, without salt	0.33	0.16

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
11154	Chicory roots, raw	0.33	0.08
11255	Lotus root, cooked, boiled, drained, without salt	0.33	0.22
11355	Potatoes, red, flesh and skin, raw	0.33	0.13
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	0.33	0.24
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	0.33	0.03
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	0.33	0.05
11745	Brussels sprouts, cooked, boiled, drained, with salt	0.33	0.08
11765	Chard, swiss, cooked, boiled, drained, with salt	0.33	0.16
11796	Lotus root, cooked, boiled, drained, with salt	0.33	0.22
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	0.33	0.24
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	0.33	0.05
15109	Fish, surimi	0.33	0.03
15138	Crustaceans, crab, alaska king, imitation, made from surimi	0.33	0.03
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	0.33	0.03
15174	Mollusks, scallop, mixed species, imitation, made from surimi	0.33	0.03
15261	Fish, tilapia, raw	0.33	0.08
16164	MORI-NU, Tofu, silken, lite firm	0.33	0.12
18102	Cake, white, prepared from recipe with coconut frosting	0.33	0.07
18275	Muffins, blueberry, dry mix	0.33	0.09
18303	Pie, banana cream, prepared from mix, no-bake type	0.33	0.04
01050	Cream, fluid, light (coffee cream or table cream)	0.32	0.01
01239	Ice cream cookie sandwich	0.32	0.11
01264	Ice cream bar, stick or nugget, with crunch coating	0.32	0.03
02054	Capers, canned	0.32	0.37
03061	Babyfood, dinner, vegetables and ham, strained	0.32	0.07
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	0.32	0.06
03090	Babyfood, dinner, macaroni and cheese, junior	0.32	0.02
06175	Sauce, hoisin, ready-to-serve	0.32	0.13
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	0.32	0.08
06611	Soup, SWANSON, beef broth, lower sodium	0.32	0.01
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	0.32	0.20
09297	Raisins, golden seedless	0.32	0.36
11009	Artichokes, (globe or french), frozen, unprepared	0.32	0.05
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	0.32	0.03
11259	Mountain yam, hawaii, cooked, steamed, without salt	0.32	0.13
11422	Pumpkin, raw	0.32	0.13

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
11477	Squash, summer, zucchini, includes skin, raw	0.32	0.05
11508	Sweet potato, cooked, baked in skin, flesh, without salt	0.32	0.16
11875	Sweet potato, cooked, baked in skin, flesh, with salt	0.32	0.16
11927	Mountain yam, hawaii, cooked, steamed, with salt	0.32	0.13
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	0.32	0.08
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	0.32	0.01
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	0.32	0.01
15028	Fish, flatfish (flounder and sole species), raw	0.32	0.02
15033	Fish, haddock, raw	0.32	0.02
15074	Fish, sablefish, raw	0.32	0.02
15232	Fish, roughy, orange, cooked, dry heat	0.32	0.08
18139	Cake, white, prepared from recipe without frosting	0.32	0.06
18191	Cookies, raisin, soft-type	0.32	0.41
19319	Puddings, banana, dry mix, instant, prepared with whole milk	0.32	0.02
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	0.32	0.01
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	0.32	0.10
36623	Restaurant, Chinese, chicken chow mein	0.32	0.03
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	0.31	0.06
18451	Cake, pound, commercially prepared, fat-free	0.31	0.06
19194	Puddings, rice, dry mix	0.31	0.06
19260	Ice creams, vanilla, light, no sugar added	0.31	0.03
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	0.31	0.06
43476	Tofu yogurt	0.31	0.08
01200	Reddi Wip Fat Free Whipped Topping	0.31	0.02
01243	Fat free ice cream, no sugar added, flavors other than chocolate	0.31	0.03
03127	Babyfood, vegetables, spinach, creamed, strained	0.31	0.06
04707	Oil, flaxseed, contains added sliced flaxseed	0.31	0.07
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	0.31	0.01
06440	Soup, minestrone, canned, prepared with equal volume water	0.31	0.05
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	0.31	0.09
09427	Abiyuch, raw	0.31	0.06
11062	Beans, snap, green, frozen, all styles, microwaved	0.31	0.07
11100	Brussels sprouts, frozen, unprepared	0.31	0.03
11150	Chayote, fruit, cooked, boiled, drained, without salt	0.31	0.11
11242	Kohlrabi, cooked, boiled, drained, without salt	0.31	0.13
11277	New Zealand spinach, cooked, boiled, drained, without salt	0.31	0.08

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
11414	Potato salad, home-prepared	0.31	0.12
11516	Sweet potato, frozen, unprepared	0.31	0.18
11563	Tree fern, cooked, without salt	0.31	0.20
11766	Chayote, fruit, cooked, boiled, drained, with salt	0.31	0.11
11793	Kohlrabi, cooked, boiled, drained, with salt	0.31	0.13
11802	New zealand spinach, cooked, boiled, drained, with salt	0.31	0.08
11905	Corn, sweet, white, canned, whole kernel, drained solids	0.31	0.03
11928	Tree fern, cooked, with salt	0.31	0.20
15019	Fish, cod, Pacific, raw (may have been previously frozen)	0.31	0.02
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	0.31	0.03
15077	Fish, salmon, chinook, smoked	0.31	0.23
15179	Fish, salmon, chinook, smoked, (lox), regular	0.31	0.23
18119	Cake, pineapple upside-down, prepared from recipe	0.31	0.09
01106	Milk, goat, fluid, with added vitamin D	0.30	0.05
03059	Babyfood, dinner, vegetables and bacon, strained	0.30	0.04
03062	Babyfood, dinner, vegetables and ham, junior	0.30	0.03
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	0.30	0.03
03085	Babyfood, dinner, vegetables and turkey, junior	0.30	0.02
03096	Babyfood, vegetable, green beans and potatoes	0.30	0.04
03114	Babyfood, vegetable, butternut squash and corn	0.30	0.10
03227	Babyfood, dessert, peach cobbler, strained	0.30	0.19
03246	Babyfood, dessert, custard pudding, vanilla, junior	0.30	0.01
03274	Babyfood, dinner, vegetables and chicken, junior	0.30	0.02
04705	Salad dressing, caesar, fat-free	0.30	0.02
06017	Soup, chicken gumbo, canned, condensed	0.30	0.10
06025	Soup, chicken vegetable, canned, condensed	0.30	0.10
06037	Soup, lentil with ham, canned, ready-to-serve	0.30	0.07
06456	Soup, cream of shrimp, canned, prepared with equal volume water	0.30	0.06
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	0.30	0.06
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	0.30	0.06
07933	Chicken breast, oven-roasted, fat-free, sliced	0.30	0.03
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	0.30	0.10
11022	Balsam-pear (bitter gourd), leafy tips, raw	0.30	0.20
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	0.30	0.20
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	0.30	0.04
11245	Lambsquarters, cooked, boiled, drained, without salt	0.30	0.20

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
11352	Potatoes, flesh and skin, raw	0.30	0.11
11365	Potatoes, boiled, cooked in skin, flesh, without salt	0.30	0.19
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	0.30	0.16
11399	Potato puffs, frozen, oven-heated	0.30	0.08
11400	Potatoes, frozen, whole, unprepared	0.30	0.09
11438	Salsify, cooked, boiled, drained, without salt	0.30	0.07
11507	Sweet potato, raw, unprepared	0.30	0.15
11517	Sweet potato, frozen, cooked, baked, without salt	0.30	0.18
11670	Peppers, hot chili, green, raw	0.30	0.17
11671	Potatoes, o'brien, home-prepared	0.30	0.13
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	0.30	0.20
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	0.30	0.04
11794	Lambsquarters, cooked, boiled, drained, with salt	0.30	0.20
11831	Potatoes, boiled, cooked in skin, flesh, with salt	0.30	0.19
11852	Salsify, cooked, boiled, drained, with salt	0.30	0.07
11877	Sweet potato, frozen, cooked, baked, with salt	0.30	0.18
11981	Peppers, hungarian, raw	0.30	0.12
11986	Malabar spinach, cooked	0.30	0.11
12193	Seeds, sisymbrium sp. seeds, whole, dried	0.30	0.11
15014	Fish, cisco, smoked	0.30	0.22
16579	GARDENBURGER Original, frozen, unprepared	0.30	
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	0.30	
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	0.30	
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	0.30	
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	0.30	
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	0.30	0.06
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	0.30	0.07
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	0.30	
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	0.30	0.00
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	0.30	
18490	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry	0.30	
19235	Puddings, chocolate, ready-to-eat, fat free	0.30	0.08
19322	Puddings, coconut cream, dry mix, instant	0.30	0.15
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	0.30	0.00
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	0.30	0.04
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	0.30	0.00

29305 KELLOGGS, EGOOL, Thick Asmiry, Fulfy, Walfies, Brown Sugar 0.00	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
28082 KEEBLER, FUDGE SHOPPE, Pennut Creme Filled Cookies 0.30 -2	28025	KELLOGG'S, EGGO, Thick & Samp; Fluffy, Waffles, Brown Sugar	0.30	
28086 KEEBLER, FUDGE SHOPPE, Bagic Middles Fødge Filled Cookies, Original 0.30 28096 KEEBLER, FUDGE SHOPPE, Magic Middles Fødge Filled Cookies, Original 0.30 28199 KEBBLER, RADITIONS, Lead Lemunade Cookies 0.30 28183 KEBLLOGGS, POP-TARTS, Frosted Apple Strade Toester Pastries 0.30 28164 KELLOGGS, POP-TARTS, Frosted Blacherry Maffin Toester Pastries 0.30 28165 KELLOGGS, POP-TARTS, Frosted Cincolate Chip Cookie Dough Toester Pastries 0.30 28167 KELLOGGS, POP-TARTS, Frosted Cincolate Chip Cookie Dough Toester Pastries 0.30 28168 KELLOGGS, POP-TARTS, Frosted Cincolate Chip Cookie Dough Toester Pastries 0.30 28171 KELLOGGS, POP-TARTS, Frosted Strange Pastries 0.30 28172 KELLOGGS, POP-TARTS, Frosted Stepar Cookie Toester Pastries 0.30 28173 KELLOGGS, POP-TARTS, Frosted Stepar Cookie Toester Pastries 0.30 28174 KELLOGGS, POP-TARTS, Frosted Wild Crope Toester Pastries 0.30 28175 KELLOGGS, POP-TARTS, Frosted Wild Crope To	28035	GIRL SCOUTS, Thin Mints Cookies	0.30	
28966 KEEBLER, FUDGE SHOPPE, Majet Middler Fudge Filled Cookies, Original 0.30 - 28149 KEEBLER, TOWN HOUSE, LATEREAD CRISPS, Sea Salt and Olive Oil Crackers 0.30 - 28153 KEBLLER, TRADITONS, Iced Lemonack Cookies 0.30 - 28163 KELLOGGS, POP-TARTS, Frosted Apple Strudel Toaster Pastrics 0.30 - 28164 KELLOGGS, POP-TARTS, Frosted Blackerry Muffla Toaster Pastrics 0.30 - 28165 KELLOGGS, POP-TARTS, Frosted Circ Cookies Dough Toaster Pastrics 0.30 - 28166 KELLOGGS, POP-TARTS, Frosted Circ Cookies Dough Toaster Pastrics 0.30 - 28167 KELLOGGS, POP-TARTS, Frosted Circ Cookies Dough Toaster Pastrics 0.30 - 28171 KELLOGGS, POP-TARTS, Frosted Spring Berry Toaster Pastrics 0.30 - 28172 KELLOGGS, POP-TARTS, Frosted Wild Frost Pastrics 0.30 - 28173 KELLOGGS, POP-TARTS, Frosted Wild Grape Toaster Pastrics 0.30 - 28174 KELLOGGS, POP-TARTS, Frosted Wild Grape Toaster Pastrics 0.30 - 28175 KELLOGGS, POP-TARTS, Frosted Wild Grape Toaster Pastrics 0.30 </td <td>28082</td> <td>KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies</td> <td>0.30</td> <td></td>	28082	KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies	0.30	
REBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers	28086	KEEBLER, FUDGE SHOPPE, Fudge Sticks	0.30	
28150 KFEBLER, TRADITIONS, Iceal Lamonade Cookies 0.30 - 28163 KELLGOGS, POP-TARTS, Frosted Apple Strudel Toaster Pastries 0.30 - 28165 KELLGOGS, POP-TARTS, Closcolate Chip Cookie Dough Toaster Pastries 0.30 - 28167 KELLGOGS, POP-TARTS, Closcolate Chip Cookie Dough Toaster Pastries 0.30 - 28168 KELLGOGS, POP-TARTS, Frosted Climamon Roll Toaster Pastries 0.30 - 28171 KELLGOGS, POP-TARTS, Frosted Pastries 0.30 - 28172 KELLGOGS, POP-TARTS, Frosted Spring Berry Toaster Pastries 0.30 - 28173 KELLGOGS, POP-TARTS, Frosted Spring Berry Toaster Pastries 0.30 - 28174 KELLGOGS, POP-TARTS, Frosted Wild Fruit Pastries 0.30 - 28175 KELLGOGS, POP-TARTS, Frosted Wild Fruit Pastries 0.30 - 28174 KELLGOGS, FOP-TARTS, Frosted Wild Fruit Pastries 0.30 - 28175 KELLGOGS, FOP-TARTS, Frosted Wild Fruit Pastries 0.30 - 28176 KELLGOGS, POP-TARTS, Frosted Wild Strawberry Toaster Pastries 0.30 - 28181	28096	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original	0.30	
28163 KELLOGGS, POP-TARTS, Frosted Apple Strudel Toaster Pastries 0.30	28149	KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers	0.30	
28164 KELLOGGS, POP-TARTS, Frosted Blueberry Murffin Toaster Pastries 0.30 -2 28165 KELLOGGS, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries 0.30 -2 28167 KELLOGGS, POP-TARTS, Frosted Cinamon Roll Toaster Pastries 0.30 -2 28171 KELLOGGS, POP-TARTS, Frosted Content Cake Toaster Pastries 0.30 -2 28172 KELLOGGS, POP-TARTS, Frosted Pumpkin Pic Toaster Pastries 0.30 -2 28173 KELLOGGS, POP-TARTS, Frosted Spring Berry Toaster Pastries 0.30 -2 28174 KELLOGGS, POP-TARTS, Frosted Sugar Cookie Toaster Pastries 0.30 -2 28175 KELLOGGS, POP-TARTS, Frosted Wild Front Fastries 0.30 -2 28176 KELLOGGS, POP-TARTS, Frosted Wild Front Fastries 0.30 -2 28177 KELLOGGS, POP-TARTS, Frosted Wild Grape Toaster Pastries 0.30 -2 28180 KELLOGGS, POP-TARTS, Frosted Wild Grape Toaster Pastries 0.30 -2 28181 KELLOGGS, POP-TARTS, Frosted Wild Grape Toaster Pastries 0.30 -2 28181 KELLOGGS, POP-TARTS, Frosted Wild Grape Toaster Pastries 0.30 -2 28182 KELLOGGS, POP-TARTS, I.ec Cream Shoppe Frosted Rainbow Chip Toaster Pastries 0.30 -2 28182 KELLOGGS, POP-TARTS, I.ec Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries 0.30 -2 28183 KELLOGGS, POP-TARTS, I.ec Cream Shoppe Frosted Variable Roaster Pastries 0.30 -2 28192 KELLOGGS, POP-TARTS, I.ec Cream Shoppe Frosted Variable Roaster Pastries 0.30 -2 28193 KELLOGGS, POP-TARTS, Varm-uring Vanilla Milkshake Toaster Pastries 0.30 -2 28194 MURRAY, SUGAR FREE, Flage Dipped Wafers 0.30 -2 28201 MURRAY, SUGAR FREE, Flage Dipped Wafers 0.30 -2 28221 MURRAY, SUGAR FREE, Flage Dipped Wafers 0.30 -2 28222 MURRAY, SUGAR FREE, Flage Dipped Wafers 0.30 -2 28223 MURRAY, SUGAR FREE, Longe Cream Sundvich Cookies 0.30 -2 28224 MURRAY, SUGAR FREE, Longe Cream Sundvich Cookies 0.30 -2 28223 MURRAY, SUGAR FREE, Longe Cream Sundvich Cookies 0.30 -2 28224 MURRAY, SUGAR FREE, Longe Cream Sundvich Cookies 0.3	28150	KEEBLER, TRADITIONS, Iced Lemonade Cookies	0.30	
28165 KELLOGGS, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries 0.30 - 28167 KELLOGGS, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries 0.30 - 28168 KELLOGGS, POP-TARTS, Frosted Confetti Cabe Toaster Pastries 0.30 - 28171 KELLOGGS, POP-TARTS, Frosted Spring Benry Toaster Pastries 0.30 - 28172 KELLOGGS, POP-TARTS, Frosted Spring Benry Toaster Pastries 0.30 - 28173 KELLOGGS, POP-TARTS, Frosted Waller Come Toaster Pastries 0.30 - 28174 KELLOGGS, POP-TARTS, Frosted Waller Come Toaster Pastries 0.30 - 28175 KELLOGGS, POP-TARTS, Frosted Wild Grape Toaster Pastries 0.30 - 28176 KELLOGGS, POP-TARTS, Frosted Wild Strawberry Toaster Pastries 0.30 - 28177 KELLOGGS, POP-TARTS, Ec Cream Shoppe Frosted Rainbow Chip Toaster Pastries 0.30 - 28180 KELLOGGS, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries 0.30 - 28181 KELLOGGS, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries 0.30 - 28192 KELLOGGS, POP-TARTS, Gen	28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	0.30	
28167 KELLOGGS, POP-TARTS, Frosted Clinamon Roll Toaster Pastries 0.30	28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	0.30	
28168 KELLOGGS, POP-TARTS, Frosted Confetti Cake Toaster Pastries 0.30	28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	0.30	
28171 KELLOGGS, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries 0.30 - 28172 KELLOGGS, POP-TARTS, Frosted Sugar Cookie Toaster Pastries 0.30 - 28173 KELLOGGS, POP-TARTS, Frosted Waffe Cone Toaster Pastries 0.30 - 28174 KELLOGGS, POP-TARTS, Frosted Waffe Cone Toaster Pastries 0.30 - 28175 KELLOGGS, POP-TARTS, Frosted Wild Grape Toaster Pastries 0.30 - 28176 KELLOGGS, POP-TARTS, Frosted Wild Grape Toaster Pastries 0.30 - 28177 KELLOGGS, POP-TARTS, Frosted Wild Strawberry Toaster Pastries 0.30 - 28180 KELLOGGS, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries 0.30 - 28181 KELLOGGS, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries 0.30 - 28182 KELLOGGS, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries 0.30 - 28193 KELLOGGS, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries 0.30 - 28193 KELLOGGS, POP-TARTS, George Pastries 0.30 - 28194 KELLOGGS, POP-TARTS, George Pastri	28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	0.30	
RELLOGGS, POP-TARTS, Frosted Spring Berry Toaster Pastries 0.30	28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	0.30	
28173 KELLOGGS, POP-TARTS, Frosted Sugar Cookie Toaster Pastries 0.30 - 28174 KELLOGGS, POP-TARTS, Frosted Wild Fruit Pusion Toaster Pastries 0.30 - 28175 KELLOGGS, POP-TARTS, Frosted Wild Grape Toaster Pastries 0.30 - 28176 KELLOGGS, POP-TARTS, Frosted Wild Grape Toaster Pastries 0.30 - 28177 KELLOGGS, POP-TARTS, Frosted Wild Grape Toaster Pastries 0.30 - 28180 KELLOGGS, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries 0.30 - 28181 KELLOGGS, POP-TARTS, Ice Cream Shoppe Frosted Varilla Milkshake Toaster Pastries 0.30 - 28192 KELLOGGS, POP-TARTS, Ice Cream Shoppe Frosted Varilla Milkshake Toaster Pastries 0.30 - 28193 KELLOGGS, POP-TARTS, Gingerbread Toaster Pastries 0.30 - 28194 KELLOGGS, POP-TARTS, Vurn-azing Vanilla Milkshake Toaster Pastries 0.30 - 28195 MOTHERS, Chocolate Chip Cookies 0.30 - 28206 MOTHERS, Old Fashioned Chocolate Chip Cookies 0.30 - 28207 MOTHERS, Old Fashioned Leed Oatmeal Cookies 0.30	28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	0.30	
28174 KELLOGGS, POP-TARTS, Frosted Waffle Cone Toaster Pastries 0.30 - 28175 KELLOGGS, POP-TARTS, Frosted Wild Grape Toaster Pastries 0.30 - 28176 KELLOGGS, POP-TARTS, Frosted Wild Grape Toaster Pastries 0.30 - 28177 KELLOGGS, POP-TARTS, Frosted Wild Strawberry Toaster Pastries 0.30 - 28180 KELLOGGS, POP-TARTS, Icc Cream Shoppe Frosted Rainbow Chip Toaster Pastries 0.30 - 28181 KELLOGGS, POP-TARTS, Icc Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries 0.30 - 28182 KELLOGGS, POP-TARTS, Icc Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries 0.30 - 28192 KELLOGGS, POP-TARTS, Gingerbread Toaster Pastries 0.30 - 28193 KELLOGGS, POP-TARTS, Jum-azing Vanilla Milkshake Toaster Pastries 0.30 - 28195 MOTHERS, Chocolate Chip Cookies 0.30 - 28202 MOTHERS, Leed Lemonade Cookies 0.30 - 28203 MOTHERS, Old Fashioned Leed Oatmeal Cookies 0.30 - 28213 MURRAY, Duplex Creme Sandwich Cookies 0.30 -	28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	0.30	
28175 KELLOGGS, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries 0.30 28176 KELLOGGS, POP-TARTS, Frosted Wild Grape Toaster Pastries 0.30 28177 KELLOGGS, POP-TARTS, Frosted Wild Strawberry Toaster Pastries 0.30 28180 KELLOGGS, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries 0.30 28181 KELLOGGS, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries 0.30 28192 KELLOGGS, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries 0.30 28192 KELLOGGS, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries 0.30 28193 KELLOGGS, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries 0.30 28194 KELLOGGS, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries 0.30 28195 MOTHERS, Chocolate Chip Cookies 0.30 28202 MOTHERS, Chocolate Chip Cookies 0.30 28203 MOTHERS, Cold Fashioned Iced Oatmeal Cookies 0.30 28214 MURRAY, Duplex Creme Sandwich Cookies	28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	0.30	
28176 KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries 0.30 - 28177 KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries 0.30 - 28180 KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries 0.30 - 28181 KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries 0.30 - 28182 KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries 0.30 - 28192 KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries 0.30 - 28193 KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries 0.30 - 28195 MOTHER'S, Chocolate Chip Cookies 0.30 - 28202 MOTHER'S, Clod Fashioned Chocolate Chip Cookies 0.30 - 28203 MOTHER'S, Cold Fashioned Iced Oatmeal Cookies 0.30 - 28210 MOTHER'S, Old Fashioned Iced Oatmeal Cookies 0.30 - 28211 MURRAY, Duplex Creme Sandwich Cookies 0.30 - 28214 MURRAY, Compacted Cookies 0.30 - 2822	28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	0.30	
28177 KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries 0.30 - 28180 KELLOGG'S, POP-TARTS, Lee Cream Shoppe Frosted Rainbow Chip Toaster Pastries 0.30 - 28181 KELLOGG'S, POP-TARTS, Lee Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries 0.30 - 28182 KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries 0.30 - 28192 KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries 0.30 - 28193 KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries 0.30 - 28195 MOTHERS, Chocolate Chip Cookies 0.30 - 28202 MOTHERS, Chocolate Chip Cookies 0.30 - 28203 MOTHERS, Old Fashioned Cookies 0.30 - 28204 MOTHERS, Old Fashioned Leed Oatmeal Cookies 0.30 - 28213 MURRAY, Duplex Creme Sandwich Cookies 0.30 - 28214 MURRAY, Duplex Creme Sandwich Cookies 0.30 - 28223 MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies 0.30 - 28224 MURRAY, SUGAR	28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	0.30	
28180 KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries 0.30 28181 KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries 0.30 28182 KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries 0.30 28193 KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries 0.30 28195 MOTHER'S, Chocolate Chip Cookies 0.30 28202 MOTHER'S, Chocolate Chip Cookies 0.30 28203 MOTHER'S, Old Fashioned Chocolate Chip Cookies 0.30 28204 MOTHER'S, Old Fashioned Iced Oatmeal Cookies 0.30 28205 MOTHER'S, Old Fashioned Iced Oatmeal Cookies 0.30 28206 MOTHER'S, Old Fashioned Iced Oatmeal Cookies 0.30 28213 MURRAY, Duplex Creme Sandwich Cookies 0.30 28214 MURRAY, Chemo Creme Sandwich Cookies 0.30 28223 MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies 0.30 28224 MURRAY, SUGAR FREE, Lem	28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	0.30	
28181 KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries 0.30 28182 KELLOGG'S, POP-TARTS, Ge Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries 0.30 28192 KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries 0.30 28193 KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries 0.30 28195 MOTHER'S, Chocolate Chip Cookies 0.30 28202 MOTHER'S, Iced Lemonade Cookies 0.30 28203 MOTHER'S, Old Fashioned Chocolate Chip Cookies 0.30 28204 MOTHER'S, Old Fashioned Iced Oatmeal Cookies 0.30 28213 MURRAY, Duplex Creme Sandwich Cookies 0.30 28214 MURRAY, Lemon Creme Sandwich Cookies 0.30 28216 MURRAY, Old Fashioned Iced Oatmeal Cookies 0.30 28223 MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies 0.30 28224 MURRAY, SUGAR FREE, Fudge Dipped Wafers 0.30 28227 MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies 0.30 28228 <t< td=""><td>28177</td><td>KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries</td><td>0.30</td><td></td></t<>	28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	0.30	
28182 KELLOGGS, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries 0.30 28192 KELLOGGS, POP-TARTS, Gingerbread Toaster Pastries 0.30 28193 KELLOGGS, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries 0.30 28195 MOTHERS, Chocolate Chip Cookies 0.30 28202 MOTHERS, Ged Lemonade Cookies 0.30 28206 MOTHERS, Old Fashioned Chocolate Chip Cookies 0.30 28207 MOTHERS, Old Fashioned Iced Oatmeal Cookies 0.30 28213 MURRAY, Duplex Creme Sandwich Cookies 0.30 28214 MURRAY, Lemon Creme Sandwich Cookies 0.30 28216 MURRAY, Old Fashioned Iced Oatmeal Cookies 0.30 28223 MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies 0.30 28224 MURRAY, SUGAR FREE, Fudge Dipped Wafers 0.30 28227 MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies 0.30 28228 MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies 0.30	28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	0.30	
28192 KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries 0.30 28193 KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries 0.30 28195 MOTHER'S, Chocolate Chip Cookies 0.30 28202 MOTHER'S, Leed Lemonade Cookies 0.30 28206 MOTHER'S, Old Fashioned Chocolate Chip Cookies 0.30 28207 MOTHER'S, Old Fashioned Leed Oatmeal Cookies 0.30 28213 MURRAY, Duplex Creme Sandwich Cookies 0.30 28214 MURRAY, Lemon Creme Sandwich Cookies 0.30 28216 MURRAY, Old Fashioned Iced Oatmeal Cookies 0.30 28223 MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies 0.30 28224 MURRAY, SUGAR FREE, Fudge Dipped Wafers 0.30 28227 MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies 0.30 28228 MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies 0.30 28228 MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies 0.30	28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	0.30	
28193 KELLOGGS, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries 0.30 28195 MOTHER'S, Chocolate Chip Cookies 0.30 28202 MOTHER'S, Iced Lemonade Cookies 0.30 28206 MOTHER'S, Old Fashioned Chocolate Chip Cookies 0.30 28207 MOTHER'S, Old Fashioned Iced Oatmeal Cookies 0.30 28213 MURRAY, Duplex Creme Sandwich Cookies 0.30 28214 MURRAY, Lemon Creme Sandwich Cookies 0.30 28216 MURRAY, Old Fashioned Iced Oatmeal Cookies 0.30 28223 MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies 0.30 28224 MURRAY, SUGAR FREE, Fudge Dipped Wafers 0.30 28227 MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies 0.30 28228 MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies 0.30 28228 MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies 0.30	28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	0.30	
28195 MOTHER'S, Chocolate Chip Cookies 0.30 28202 MOTHER'S, Iced Lemonade Cookies 0.30 28206 MOTHER'S, Old Fashioned Chocolate Chip Cookies 0.30 28207 MOTHER'S, Old Fashioned Iced Oatmeal Cookies 0.30 28213 MURRAY, Duplex Creme Sandwich Cookies 0.30 28214 MURRAY, Lemon Creme Sandwich Cookies 0.30 28216 MURRAY, Old Fashioned Iced Oatmeal Cookies 0.30 28223 MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies 0.30 28224 MURRAY, SUGAR FREE, Fudge Dipped Wafers 0.30 28227 MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies 0.30 28228 MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies 0.30 28228 MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies 0.30	28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	0.30	
28202 MOTHER'S, Iced Lemonade Cookies 0.30 28206 MOTHER'S, Old Fashioned Chocolate Chip Cookies 0.30 28207 MOTHER'S, Old Fashioned Iced Oatmeal Cookies 0.30 28213 MURRAY, Duplex Creme Sandwich Cookies 0.30 28214 MURRAY, Lemon Creme Sandwich Cookies 0.30 28216 MURRAY, Old Fashioned Iced Oatmeal Cookies 0.30 28223 MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies 0.30 28224 MURRAY, SUGAR FREE, Fudge Dipped Wafers 0.30 28227 MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies 0.30 28228 MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies 0.30	28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	0.30	
28206 MOTHER'S, Old Fashioned Chocolate Chip Cookies 0.30 28207 MOTHER'S, Old Fashioned Iced Oatmeal Cookies 0.30 28213 MURRAY, Duplex Creme Sandwich Cookies 0.30 28214 MURRAY, Lemon Creme Sandwich Cookies 0.30 28216 MURRAY, Old Fashioned Iced Oatmeal Cookies 0.30 28223 MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies 0.30 28224 MURRAY, SUGAR FREE, Fudge Dipped Wafers 0.30 28227 MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies 0.30 28228 MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies 0.30	28195	MOTHER'S, Chocolate Chip Cookies	0.30	
28207 MOTHER'S, Old Fashioned Iced Oatmeal Cookies 0.30 28213 MURRAY, Duplex Creme Sandwich Cookies 0.30 28214 MURRAY, Lemon Creme Sandwich Cookies 0.30 28216 MURRAY, Old Fashioned Iced Oatmeal Cookies 0.30 28223 MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies 0.30 28224 MURRAY, SUGAR FREE, Fudge Dipped Wafers 0.30 28227 MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies 0.30 28228 MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies 0.30 28228 MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies 0.30	28202	MOTHER'S, Iced Lemonade Cookies	0.30	
MURRAY, Duplex Creme Sandwich Cookies MURRAY, Lemon Creme Sandwich Cookies MURRAY, Old Fashioned Iced Oatmeal Cookies MURRAY, Old Fashioned Iced Oatmeal Cookies MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies MURRAY, SUGAR FREE, Fudge Dipped Wafers MURRAY, SUGAR FREE, Fudge Dipped Wafers MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies	28206	MOTHER'S, Old Fashioned Chocolate Chip Cookies	0.30	
MURRAY, Lemon Creme Sandwich Cookies MURRAY, Old Fashioned Iced Oatmeal Cookies 0.30 28223 MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies MURRAY, SUGAR FREE, Fudge Dipped Wafers 0.30 28224 MURRAY, SUGAR FREE, Fudge Dipped Wafers 0.30 28227 MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies 0.30 28228 MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies 0.30 28228 MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies 0.30 28228 MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies 0.30 28228 MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies	28207	MOTHER'S, Old Fashioned Iced Oatmeal Cookies	0.30	
MURRAY, Old Fashioned Iced Oatmeal Cookies MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies MURRAY, SUGAR FREE, Fudge Dipped Wafers MURRAY, SUGAR FREE, Fudge Dipped Wafers MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies	28213	MURRAY, Duplex Creme Sandwich Cookies	0.30	
MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies MURRAY, SUGAR FREE, Fudge Dipped Wafers 0.30 28227 MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies 0.30 28228 MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies 0.30	28214	MURRAY, Lemon Creme Sandwich Cookies	0.30	
MURRAY, SUGAR FREE, Fudge Dipped Wafers MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies 0.30	28216	MURRAY, Old Fashioned Iced Oatmeal Cookies	0.30	
MURRAY, SUGAR FREE, Fudge Dipped Wafers MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies 0.30 28228 MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies 0.30	28223	MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies	0.30	
28228 MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies 0.30	28224	MURRAY, SUGAR FREE, Fudge Dipped Wafers	0.30	
20250 SUNGHINE CHEFT IT 100 C.L.: DICHE DITEGE F. C. C. D. A. M.	28227	MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies	0.30	
28250 SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix 0.30	28228	MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies	0.30	
	28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	0.30	

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
28262	FAMOUS AMOS, Vanilla Sandwich Creme Cookies	0.30	
28269	MOTHER'S, Old Fashioned Oatmeal Cookies	0.30	
28272	MURRAY, Chocolate Creme Sandwich Cookies	0.30	
28273	MURRAY, Vanilla Creme Sandwich Cookies	0.30	
28278	MURRAY, SUGAR FREE, Oatmeal Cookies	0.30	
28279	MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies	0.30	
28294	Cookie, chocolate, with icing or coating	0.30	0.27
31036	Potatoes, mashed, ready-to-eat	0.30	0.01
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	0.30	0.06
32023	KASHI Mushroom & Samp; Asparagus Risotto, frozen, unprepared	0.30	
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	0.30	0.00
42153	Salad dressing, blue or roquefort cheese dressing, light	0.30	0.01
43144	Cabbage, mustard, salted	0.30	0.03
19226	Frostings, chocolate, creamy, ready-to-eat	0.29	0.20
19304	Molasses	0.29	0.49
21365	McDONALD'S, Hotcakes (with 2 pats margarine & Syrup)	0.29	0.07
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	0.29	0.06
36030	DENNY'S, hash browns	0.29	0.07
36039	Restaurant, family style, hash browns	0.29	0.07
43273	Cheese, cottage, with vegetables	0.29	0.03
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	0.29	0.03
03197	Babyfood, cereal, with egg yolks, strained	0.29	0.02
03198	Babyfood, cereal, with egg yolks, junior	0.29	0.02
04120	Salad dressing, french dressing, commercial, regular	0.29	0.00
04141	Salad dressing, french dressing, commercial, regular, without salt	0.29	0.00
04706	Dressing, honey mustard, fat-free	0.29	0.04
06016	Soup, cream of chicken, canned, condensed	0.29	0.13
09009	Apples, dehydrated (low moisture), sulfured, uncooked	0.29	0.27
09087	Dates, deglet noor	0.29	0.21
11126	Carrots, canned, regular pack, solids and liquids	0.29	0.10
11201	Cowpeas, leafy tips, raw	0.29	0.19
11285	Onions, canned, solids and liquids	0.29	0.06
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	0.29	0.06
11353	Potatoes, russet, flesh and skin, raw	0.29	0.10
11354	Potatoes, white, flesh and skin, raw	0.29	0.12
11363	Potatoes, baked, flesh, without salt	0.29	0.22

11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased		
11400		0.29	0.14
11467	Squash, summer, crookneck and straightneck, raw	0.29	0.09
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	0.29	0.08
11475	Squash, summer, scallop, raw	0.29	0.10
11641	Squash, summer, all varieties, raw	0.29	0.05
11758	Carrots, canned, no salt added, solids and liquids	0.29	0.10
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	0.29	0.06
11829	Potatoes, baked, flesh, with salt	0.29	0.22
11932	Beans, snap, yellow, canned, regular pack, drained solids	0.29	0.04
11933	Beans, snap, yellow, canned, no salt added, drained solids	0.29	0.04
15057	Fish, ocean perch, Atlantic, raw	0.29	0.02
03229	Babyfood, dessert, peach melba, strained	0.28	0.18
03230	Babyfood, dessert, peach melba, junior	0.28	0.18
03245	Babyfood, dessert, custard pudding, vanilla, strained	0.28	0.05
06019	Soup, chicken noodle, canned, condensed	0.28	0.03
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	0.28	0.03
06391	CAMPBELL'S CHUNKY, Creamy Chicken and Dumplings Soup	0.28	
09165	Litchis, dried	0.28	0.63
09422	Durian, raw or frozen	0.28	0.21
11005	Arrowhead, raw	0.28	0.17
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	0.28	0.03
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	0.28	0.03
11208	Dandelion greens, cooked, boiled, drained, without salt	0.28	0.12
11376	Potatoes, canned, drained solids	0.28	0.06
11429	Radishes, raw	0.28	0.05
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	0.28	0.20
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	0.28	0.04
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	0.28	0.16
11657	Potatoes, mashed, home-prepared, whole milk added	0.28	0.14
11696	Tomatoes, yellow, raw	0.28	0.10
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	0.28	0.03
11782	Dandelion greens, cooked, boiled, drained, with salt	0.28	0.12
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	0.28	0.04
12205	Seeds, lotus seeds, raw	0.28	0.09
15222	Fish, turbot, european, cooked, dry heat	0.28	0.05
18095	Cake, cherry fudge with chocolate frosting	0.28	0.06

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
18321	Pie, lemon meringue, prepared from recipe	0.28	0.04
18459	Breakfast tart, low fat	0.28	0.07
21343	McDONALD'S, Low Fat Caramel Sauce	0.28	0.02
35201	Prairie Turnips, boiled (Northern Plains Indians)	0.28	0.04
42150	Babyfood, apple yogurt dessert, strained	0.28	0.05
42186	Frozen yogurts, chocolate	0.28	0.05
42187	Frozen yogurts, flavors other than chocolate	0.28	0.01
43311	Potatoes, canned, drained solids, no salt added	0.28	0.06
18420	Cake, yellow, unenriched, dry mix	0.27	0.07
20657	Pasta, gluten-free, corn and rice flour, cooked	0.27	0.02
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	0.27	0.02
43450	Frozen novelties, juice type, juice with cream	0.27	0.01
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	0.27	0.01
01178	Sour cream, reduced fat	0.27	0.01
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	0.27	0.02
03201	Babyfood, cereal, egg yolks and bacon, junior	0.27	0.02
03282	Babyfood, vegetables, mix vegetables junior	0.27	0.04
06211	Soup, cheese, canned, prepared with equal volume milk	0.27	0.06
06216	Soup, cream of chicken, canned, prepared with equal volume milk	0.27	0.06
06253	Soup, cream of potato, canned, prepared with equal volume milk	0.27	0.11
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	0.27	0.03
06545	CAMPBELL'S Homestyle New England Clam Chowder	0.27	0.02
09083	Currants, european black, raw	0.27	0.09
11050	Beans, shellie, canned, solids and liquids	0.27	0.08
11114	Cabbage, savoy, raw	0.27	0.06
11135	Cauliflower, raw	0.27	0.04
11145	Celtuce, raw	0.27	0.04
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	0.27	0.06
11258	Mountain yam, hawaii, raw	0.27	0.11
11300	Peas, edible-podded, raw	0.27	0.08
11367	Potatoes, boiled, cooked without skin, flesh, without salt	0.27	0.17
11426	Pumpkin pie mix, canned	0.27	0.07
11519	Taro, cooked, without salt	0.27	0.20
11564	Turnips, raw	0.27	0.08
11693	Tomatoes, crushed, canned	0.27	0.18
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	0.27	0.06

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
11833	Potatoes, boiled, cooked without skin, flesh, with salt	0.27	0.17
11878	Taro, cooked, with salt	0.27	0.20
11934	Potatoes, mashed, home-prepared, whole milk and butter added	0.27	0.14
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	0.27	0.07
18110	Cake, fruitcake, commercially prepared	0.27	0.05
18142	Cake, pudding-type, yellow, dry mix	0.27	0.06
18144	Cake, yellow, enriched, dry mix	0.27	0.07
18206	Cookies, sugar, refrigerated dough, baked	0.27	0.04
03283	Babyfood, vegetables, garden vegetable, strained	0.26	0.07
04017	Salad dressing, thousand island, commercial, regular	0.26	0.00
04601	Butter, light, stick, with salt	0.26	0.00
04602	Butter, light, stick, without salt	0.26	0.00
06411	Soup, cheese, canned, prepared with equal volume water	0.26	0.05
06416	Soup, cream of chicken, canned, prepared with equal volume water	0.26	0.05
06453	Soup, cream of potato, canned, prepared with equal volume water	0.26	0.10
06584	Soup, broccoli cheese, canned, condensed, commercial	0.26	0.03
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	0.26	0.05
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	0.26	0.04
09328	Maraschino cherries, canned, drained	0.26	0.14
11060	Beans, snap, green, frozen, all styles, unprepared	0.26	0.05
11128	Carrots, canned, regular pack, drained solids	0.26	0.10
11163	Collards, frozen, chopped, unprepared	0.26	0.05
11299	Parsnips, cooked, boiled, drained, without salt	0.26	0.14
11398	Potato puffs, frozen, unprepared	0.26	0.08
11481	Squash, summer, zucchini, italian style, canned	0.26	0.10
11506	Sweet potato leaves, cooked, steamed, without salt	0.26	0.03
11609	Beets, pickled, canned, solids and liquids	0.26	0.12
11730	Beans, snap, yellow, frozen, all styles, unprepared	0.26	0.05
11759	Carrots, canned, no salt added, drained solids	0.26	0.10
11808	Parsnips, cooked, boiled, drained, with salt	0.26	0.14
11819	Peppers, hot chili, red, raw	0.26	0.13
11874	Sweet potato leaves, cooked, steamed, with salt	0.26	0.03
11977	Peppers, serrano, raw	0.26	0.13
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	0.26	0.00
14179	Beverages, coffee, ready to drink, milk based, sweetened	0.26	0.00
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	0.26	0.16

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
16165	MORI-NU, Tofu, silken, lite extra firm	0.26	0.13
18253	Doughnuts, french crullers, glazed	0.26	0.07
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	0.26	
19018	Fruit syrup	0.26	0.02
20029	Couscous, cooked	0.26	0.04
21316	McDONALD'S, Tangy Honey Mustard Sauce	0.26	0.04
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	0.26	0.04
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	0.26	0.04
43539	Babyfood, dessert, banana yogurt, strained	0.26	0.02
18419	Cake, pudding-type, white, unenriched, dry mix	0.25	0.06
20134	Rice noodles, cooked	0.25	0.04
27047	Sauce, salsa, verde, ready-to-serve	0.25	0.08
28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	0.25	
35203	Rose Hips, wild (Northern Plains Indians)	0.25	0.11
43008	Babyfood, dinner, chicken and rice	0.25	0.02
43017	Salad dressing, green goddess, regular	0.25	0.01
43020	Salad dressing, blue or roquefort cheese, low calorie	0.25	0.01
01052	Cream, fluid, light whipping	0.25	0.01
01205	Cream substitute, flavored, liquid	0.25	0.14
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	0.25	0.05
04028	Salad dressing, mayonnaise, imitation, milk cream	0.25	0.01
04704	Salad dressing, poppyseed, creamy	0.25	0.04
06152	Sauce, pizza, canned, ready-to-serve	0.25	0.14
06246	Soup, cream of onion, canned, prepared with equal volume milk	0.25	0.06
06358	Soup, tomato bisque, canned, prepared with equal volume milk	0.25	0.06
06466	Soup, turkey vegetable, canned, prepared with equal volume water	0.25	0.05
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	0.25	0.06
06956	Soup, tomato, canned, condensed, reduced sodium	0.25	0.16
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	0.25	0.04
09044	Cherries, tart, dried, sweetened	0.25	0.23
09048	Blackberries, frozen, unsweetened	0.25	0.12
09156	Lemon peel, raw	0.25	0.09
09216	Orange peel, raw	0.25	0.09
09290	Prunes, dehydrated (low-moisture), stewed	0.25	0.20
11053	Beans, snap, green, cooked, boiled, drained, without salt	0.25	0.06
11113	Cabbage, red, cooked, boiled, drained, without salt	0.25	0.05

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
11270	Mustard greens, raw	0.25	0.16
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	0.25	0.02
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	0.25	0.05
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	0.25	0.08
11723	Beans, snap, green, cooked, boiled, drained, with salt	0.25	0.06
11752	Cabbage, red, cooked, boiled, drained, with salt	0.25	0.05
11821	Peppers, sweet, red, raw	0.25	0.02
11963	Nopales, raw	0.25	0.05
11976	Pepper, banana, raw	0.25	0.09
12101	Nuts, chestnuts, european, boiled and steamed	0.25	0.47
16235	SILK Plain, soymilk	0.25	
16236	SILK Vanilla, soymilk	0.25	
16237	SILK Chocolate, soymilk	0.25	
16238	SILK Light Plain, soymilk	0.25	
16239	SILK Light Vanilla, soymilk	0.25	
16240	SILK Light Chocolate, soymilk	0.25	
16241	SILK Plus Omega-3 DHA, soymilk	0.25	
16242	SILK Plus for Bone Health, soymilk	0.25	
16243	SILK Plus Fiber, soymilk	0.25	
16244	SILK Unsweetened, soymilk	0.25	
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	0.25	0.05
18135	Cake, pudding-type, white, enriched, dry mix	0.25	0.06
18141	Cake, yellow, commercially prepared, with vanilla frosting	0.25	0.03
01053	Cream, fluid, heavy whipping	0.24	0.01
03279	Babyfood, dinner, mixed vegetable, junior	0.24	0.04
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	0.24	0.00
06188	Soup, beef broth, less/reduced sodium, ready to serve	0.24	0.01
06465	Soup, turkey noodle, canned, prepared with equal volume water	0.24	0.05
06558	Soup, tomato bisque, canned, prepared with equal volume water	0.24	0.05
06631	Sauce, hot chile, sriracha	0.24	0.06
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	0.24	0.05
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	0.24	0.12
09034	Apricots, dried, sulfured, stewed, with added sugar	0.24	0.14
09095	Figs, dried, stewed	0.24	0.12
09220	Tangerines, (mandarin oranges), canned, light syrup pack	0.24	0.04
09447	Plantains, yellow, fried, Latino restaurant	0.24	0.12

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
11052	Beans, snap, green, raw	0.24	0.07
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	0.24	0.06
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	0.24	0.03
11124	Carrots, raw	0.24	0.04
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	0.24	0.07
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	0.24	0.15
11234	Kale, cooked, boiled, drained, without salt	0.24	0.16
11350	Pokeberry shoots, (poke), raw	0.24	0.16
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	0.24	0.03
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	0.24	0.05
11435	Rutabagas, raw	0.24	0.03
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	0.24	0.08
11601	Yam, raw	0.24	0.18
11623	Kale, scotch, cooked, boiled, drained, without salt	0.24	0.16
11722	Beans, snap, yellow, raw	0.24	0.07
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	0.24	0.06
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	0.24	0.03
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	0.24	0.07
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	0.24	0.15
11790	Kale, cooked, boiled, drained, with salt	0.24	0.16
11792	Kale, scotch, cooked, boiled, drained, with salt	0.24	0.16
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	0.24	0.08
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	0.24	0.02
16223	Soymilk (All flavors), enhanced	0.24	0.12
18205	Cookies, sugar, refrigerated dough	0.24	0.04
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	0.24	0.07
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	0.24	0.05
28291	Cookies, animal, with frosting or icing	0.24	0.05
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	0.24	0.04
42189	Milk, buttermilk, fluid, cultured, reduced fat	0.24	0.01
18319	Pie, fried pies, fruit	0.23	0.05
18444	Pie, fried pies, cherry	0.23	0.05
18445	Pie, fried pies, lemon	0.23	0.05
19233	Puddings, vanilla, ready-to-eat, fat free	0.23	0.01
19360	Syrups, table blends, pancake, with 2% maple	0.23	0.04
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	0.23	0.04

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
21324	McDONALD'S, Baked Apple Pie	0.23	0.06
27042	Soup, clam chowder, new england, canned, ready-to-serve	0.23	0.03
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	0.23	0.04
43146	Eggplant, pickled	0.23	0.17
43387	Turnip greens, canned, no salt added	0.23	0.08
01206	Cream substitute, flavored, powdered	0.23	0.14
03120	Babyfood, vegetables, corn, creamed, junior	0.23	0.04
03994	Babyfood, fruit, banana and strawberry, junior	0.23	0.09
03995	Babyfood, banana with mixed berries, strained	0.23	0.09
06067	Soup, chunky vegetable, canned, ready-to-serve	0.23	0.04
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	0.23	0.06
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	0.23	0.04
08113	Cereals, farina, enriched, cooked with water, without salt	0.23	0.04
08173	Cereals, farina, enriched, cooked with water, with salt	0.23	0.04
09084	Currants, red and white, raw	0.23	0.11
09139	Guavas, common, raw	0.23	
09446	Plantains, green, fried	0.23	0.18
09524	Lemon juice from concentrate, bottled, REAL LEMON	0.23	0.02
11115	Cabbage, savoy, cooked, boiled, drained, without salt	0.23	0.05
11119	Cabbage, chinese (pe-tsai), raw	0.23	0.04
11162	Collards, cooked, boiled, drained, without salt	0.23	0.05
11203	Cress, garden, raw	0.23	0.17
11251	Lettuce, cos or romaine, raw	0.23	0.05
11272	Mustard greens, frozen, unprepared	0.23	0.07
11423	Pumpkin, cooked, boiled, drained, without salt	0.23	0.09
11518	Taro, raw	0.23	0.17
11553	Tomato products, canned, sauce, with onions	0.23	0.18
11570	Turnip greens, canned, solids and liquids	0.23	0.08
11605	Beets, harvard, canned, solids and liquids	0.23	0.10
11735	Beets, canned, no salt added, solids and liquids	0.23	0.10
11753	Cabbage, savoy, cooked, boiled, drained, with salt	0.23	0.05
11768	Collards, cooked, boiled, drained, with salt	0.23	0.05
11845	Pumpkin, cooked, boiled, drained, with salt	0.23	0.09
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	0.23	0.09
15073	Fish, roughy, orange, raw	0.23	0.08
16125	Soy sauce made from hydrolyzed vegetable protein	0.23	0.04

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	0.23	0.09
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	0.23	0.20
18082	Bread stuffing, bread, dry mix, prepared	0.23	0.06
18085	Bread stuffing, cornbread, dry mix, prepared	0.23	0.07
01108	Milk, indian buffalo, fluid	0.22	0.05
03066	Babyfood, dinner, vegetables and lamb, strained	0.22	0.03
03067	Babyfood, dinner, vegetables and lamb, junior	0.22	0.03
03070	Babyfood, dinner, chicken soup, strained	0.22	0.28
03091	Babyfood, vegetables, green beans, strained	0.22	0.03
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	0.22	0.06
04015	Salad dressing, russian dressing	0.22	0.06
06024	Soup, chicken and vegetable, canned, ready-to-serve	0.22	0.02
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	0.22	0.04
09057	Boysenberries, frozen, unsweetened	0.22	0.08
09173	Longans, dried	0.22	0.81
09193	Olives, ripe, canned (small-extra large)	0.22	0.25
09194	Olives, ripe, canned (jumbo-super colossal)	0.22	0.23
09293	Plums, dried (prunes), stewed, with added sugar	0.22	0.18
09298	Raisins, seedless	0.22	0.32
11006	Arrowhead, cooked, boiled, drained, without salt	0.22	0.14
11112	Cabbage, red, raw	0.22	0.02
11118	Cabbage, kimchi	0.22	0.02
11271	Mustard greens, cooked, boiled, drained, without salt	0.22	0.15
11349	Poi	0.22	0.17
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	0.22	0.06
11549	Tomato products, canned, sauce	0.22	0.12
11644	Squash, winter, all varieties, cooked, baked, without salt	0.22	0.08
11701	Arrowhead, cooked, boiled, drained, with salt	0.22	0.14
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	0.22	0.06
11863	Squash, winter, all varieties, cooked, baked, with salt	0.22	0.08
11954	Tomatillos, raw	0.22	0.08
13335	Beef, variety meats and by-products, suet, raw	0.22	0.01
15129	Fish, turbot, european, raw	0.22	0.04
18322	Pie, mince, prepared from recipe	0.22	0.11
18946	Pie crust, refrigerated, regular, baked	0.22	0.05
19113	Syrups, table blends, pancake, with butter	0.22	0.01

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
19218	Puddings, tapioca, ready-to-eat	0.22	0.02
19296	Honey	0.22	0.04
20117	Noodles, japanese, somen, cooked	0.22	0.02
21139	Fast foods, potato, mashed	0.22	0.04
27001	Soup, hot and sour, Chinese restaurant	0.22	0.03
27057	Sauce, barbecue, KC MASTERPIECE, original	0.22	0.07
42278	Babyfood, vegetable and brown rice, strained	0.22	0.08
43142	Radishes, hawaiian style, pickled	0.22	0.17
43217	Tomato sauce, canned, no salt added	0.22	0.12
19005	Snacks, corn-based, extruded, cones, plain	0.21	0.04
19382	Candies, taffy, prepared-from-recipe	0.21	0.00
27046	Sauce, duck, ready-to-serve	0.21	0.04
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	0.21	0.02
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	0.21	0.03
01241	Ice cream sandwich, made with light ice cream, vanilla	0.21	0.09
01242	Ice cream sandwich, vanilla, light, no sugar added	0.21	0.09
03108	Babyfood, vegetables, sweet potatoes strained	0.21	0.08
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	0.21	0.01
06076	Soup, beef broth, cubed, dry	0.21	0.00
09177	Mangosteen, canned, syrup pack	0.21	0.07
09294	Prune juice, canned	0.21	0.07
11084	Beets, canned, drained solids	0.21	0.06
11161	Collards, raw	0.21	0.05
11283	Onions, cooked, boiled, drained, without salt	0.21	0.07
11286	Onions, yellow, sauteed	0.21	0.02
11390	Potatoes, hash brown, frozen, plain, unprepared	0.21	0.10
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	0.21	0.05
11514	Sweet potato, canned, mashed	0.21	0.28
11521	Taro leaves, cooked, steamed, without salt	0.21	0.14
11551	Tomato products, canned, sauce, with mushrooms	0.21	0.20
11643	Squash, winter, all varieties, raw	0.21	0.07
11805	Onions, cooked, boiled, drained, with salt	0.21	0.07
11879	Taro, leaves, cooked, steamed, with salt	0.21	0.14
11944	Pickle relish, hot dog	0.21	0.08
11964	Nopales, cooked, without salt	0.21	0.05
12129	Nuts, ginkgo nuts, canned	0.21	0.17

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
14194	Beverages, Cocoa mix, powder, prepared with water	0.21	0.05
03139	Babyfood, prunes, without vitamin c, strained	0.20	0.16
03233	Babyfood, dessert, fruit pudding, pineapple, strained	0.20	0.02
04020	Salad dressing, french dressing, reduced fat	0.20	0.16
04142	Salad dressing, french dressing, reduced fat, without salt	0.20	0.16
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	0.20	0.02
06013	Soup, chicken broth, canned, condensed	0.20	0.10
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	0.20	0.05
06081	Soup, chicken broth cubes, dry	0.20	0.00
06179	Sauce, fish, ready-to-serve	0.20	0.05
06212	CAMPBELL'S, 25% Less Sodium Chicken Noodle Soup, condensed	0.20	
06442	Soup, mushroom barley, canned, prepared with equal volume water	0.20	0.10
06463	Soup, tomato rice, canned, prepared with equal volume water	0.20	0.06
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	0.20	0.08
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	0.20	0.12
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	0.20	0.08
06986	CAMPBELL'S HEALTHY REQUEST, Chicken Noodle Soup, condensed	0.20	
06989	CAMPBELL'S HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed	0.20	
08506	Cereals ready-to-eat, RALSTON Corn Flakes	0.20	0.08
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	0.20	
09011	Apples, dried, sulfured, uncooked	0.20	0.19
09021	Apricots, raw	0.20	0.08
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	0.20	0.01
10132	Pork, cured, feet, pickled	0.20	0.04
11056	Beans, snap, green, canned, regular pack, drained solids	0.20	0.03
11110	Cabbage, cooked, boiled, drained, without salt	0.20	0.02
11125	Carrots, cooked, boiled, drained, without salt	0.20	0.02
11142	Celeriac, cooked, boiled, drained, without salt	0.20	0.04
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	0.20	0.13
11205	Cucumber, with peel, raw	0.20	0.04
11250	Lettuce, butterhead (includes boston and bibb types), raw	0.20	0.02
11257	Lettuce, red leaf, raw	0.20	0.03
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	0.20	0.06
11292	Onions, young green, tops only	0.20	0.03
11418	Pumpkin leaves, raw	0.20	0.13
11419	Pumpkin leaves, cooked, boiled, drained, without salt	0.20	0.13

1440 Squash, sumer, zuechnii, includes kini, frozen, cooked, bolled, drained, without salt 0.20 0.05 1493 Squash, winter, spaghettir, cooked, bolled, drained, or baked, without salt 0.20 0.05 1507 Turnigs, frozen, cooked, bolled, drained, without salt 0.20 0.05 1616 December of the cooked, decided, drained, or baked, without salt 0.20 0.13 1616 Dock, raw 0.20 0.03 1727 Beans, samp, gene, canned, co salt added, solids and liquids 0.20 0.07 1727 Beans, samp, yellow, canned, co salt added, colds and liquids 0.20 0.07 1728 Beans, samp, yellow, canned, co salt added, colds and liquids 0.20 0.07 1729 Beans, samp, yellow, canned, co salt added, colds and liquids 0.20 0.02 1729 Beans, samp, yellow, canned, co salt added, colds and liquids 0.20 0.02 1729 Beans, samp, yellow, canned, co salt added, colds and liquids 0.20 0.02 1729 Beans, samp, yellow, canned, co salt added, colds and liquids 0.20 0.02 1729 Christian, cooked, bolled, drained, with salt	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
15101 Newert potator, cooked, briefed, without skin 0.00 0.00 1567 Turnips, frozen, cooked, briefed, without skil 0.00 0.01 1162 Yam, cooked, boiled, drinned, or blackd, without skil 0.00 0.13 11613 Brongs, raw 0.02 0.13 11616 Dock, raw 0.00 0.013 1272 Beans, sung, gene, canned, no sail added, solids and liquids 0.00 0.07 11723 Beans, sung, yellow, canned, regular pack, solids and liquids 0.00 0.07 11729 Beans, sung, yellow, canned, no sail added, drined solids 0.00 0.07 11729 Beans, sung, yellow, canned, no sail added, drined solids 0.00 0.00 11729 Beans, sung, yellow, canned, no sail added, drined solids 0.00 0.00 11729 Calvaste, cooked, boiled, drined, solids solid quined, solid solid, solid grined, soli	11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	0.20	0.05
1567 Turnips, frozen, cooked, boiled, drained, without salt 0.00 0.15 11602 Vans, cooked, boiled, drained, or baked, without salt 0.00 0.15 11613 Borsey, study, General, and Saladed, without salt 0.00 0.13 11616 Deck, row 0.00 0.01 11727 Rears, supp, speem, canned, me, all added, solids and liquids 0.00 0.07 11728 Beans, sung, yellow, canned, no sal added, solids and liquids 0.00 0.07 11729 Beans, sung, yellow, canned, no sal added, solids and liquids 0.00 0.00 11737 Carbote, cooked, boiled, drained, with salt 0.00 0.00 11739 Carbote, cooked, boiled, drained, with salt 0.00 0.00 11730 Carbote, cooked, boiled, drained, with salt 0.00 0.00 11730 Chrysanthemm, gatand, cooked, boiled, drained, with salt 0.00 0.00 11840 Purplin levers, cooked, boiled, drained, with salt 0.00 0.00 11841 Purplin levers, cooked, boiled, drained, with salt 0.00 0.00 11870 Spassb, surmer,	11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	0.20	0.04
110102 Yam, cooked, boiled, drained, or baked, without salt 0.20 0.15 11013 Borge, raw 0.20 0.13 11726 Beans, stap, green, canaced, no salt added, solids and liquids 0.20 0.07 11727 Reans, supp, yellow, camed, regular pack, solids and liquids 0.20 0.07 11728 Beans, sanpe, green, canaced, no salt added, solads and liquids 0.20 0.07 11729 Beans, sanp, green, canaced, no salt added, drained solids 0.20 0.02 11751 Cabbage, common, cooked, boiled, drained, with salt 0.20 0.02 11757 Carrow, cooked, boiled, drained, with salt 0.20 0.02 11757 Chrysanthemum, garland, cooked, boiled, drained, with salt 0.20 0.13 11800 Mustand greens, frozen, cooked, boiled, drained, with salt 0.20 0.13 11810 Pumpkin Leaves, cooked, boiled, drained, with salt 0.20 0.03 11840 Pumpkin Leaves, cooked, boiled, drained, with salt 0.20 0.04 11870 Squash, vinner, spatchin, includes Sain, frozen, cooked, with salt 0.20 0.05	11510	Sweet potato, cooked, boiled, without skin	0.20	0.09
16161 Borage, raw 0.18 11616 Dock, raw 0.20 0.13 11726 Beans, stap, green, canned, no salt added, solids and liquids 0.20 0.007 11727 Beans, stap, green, canned, no salt added, solids and liquids 0.20 0.007 11728 Beans, stap, green, canned, no salt added, solids and liquids 0.20 0.003 11729 Beans, stap, green, canned, no salt added, drained solids 0.20 0.003 11731 Calbage, common, cocked, boiled, drained, with salt 0.20 0.002 11736 Calrose, cocked, boiled, drained, with salt 0.20 0.002 11737 Chrysanthenum, gartand, cocked, boiled, drained, with salt 0.20 0.002 11736 Cleysanthenum, gartand, cocked, boiled, drained, with salt 0.20 0.004 11848 Pumpkin leaves, cocked, boiled, drained, with salt 0.20 0.005 11849 Pumpkin leaves, cocked, boiled, drained, with salt 0.20 0.005 11840 Squash, winner, spaghetti, cocked, boiled, drained, with salt 0.20 0.005 11876 Squash, winner, spaghetti, c	11567	Turnips, frozen, cooked, boiled, drained, without salt	0.20	0.06
11616 Dock, raw 0.20 0.13 11726 Beans, sapp, green, camed, no salt added, solids and liquids 0.20 0.07 11727 Beans, sapp, yellow, camed, regular pack, solids and liquids 0.20 0.07 11728 Beans, snap, yellow, camed, no salt added, drialed solids 0.20 0.03 11729 Beans, snap, yellow, camed, no salt added, drialed solids 0.20 0.03 11731 Cabbage, common, cooked, bolied, drianed, with salt 0.20 0.03 11737 Carros, cooked, bolied, drianed, with salt 0.20 0.04 11736 Celeriac, cooked, bolied, drianed, with salt 0.20 0.03 11830 Celeriac, cooked, bolied, drianed, with salt 0.20 0.03 11840 Mustard greens, frown, crooked, bolied, drianed, with salt 0.20 0.03 11841 Pumpkin lackwe, cooked, bolied, drianed, with salt 0.20 0.03 11842 Squash, winter, spaghetti, cooked, bolied, drianed, with salt 0.20 0.04 11843 Turnips, cooked, bolied, with salt 0.20 0.05 11846 Sweet potato, cooked,	11602	Yam, cooked, boiled, drained, or baked, without salt	0.20	0.15
11726 Beans, sunp, green, canned, no salt added, solids and liquids 0.20 0.07 11727 Beans, sunp, yellow, canned, regular pack, solids and liquids 0.20 0.07 11728 Beans, sunp, yellow, canned, no salt added, solids and liquids 0.20 0.03 11729 Beans, sunp, yellow, canned, no salt added, drained solids 0.20 0.03 11731 Carbos, cooked, boiled, drained, with salt 0.20 0.02 11737 Carros, cooked, boiled, drained, with salt 0.20 0.02 11738 Celeriac, cooked, boiled, drained, with salt 0.20 0.04 11740 Chrysanthemum, garland, cooked, boiled, drained, with salt 0.20 0.04 11840 Mustard green, frozen, cooked, boiled, drained, with salt 0.20 0.04 11840 Squash, summer, zucchiai, includes skin, frozen, cooked, brilled, drained, with salt 0.20 0.04 11870 Squash, winter, spagherir, cooked, boiled, drained, with salt 0.20 0.04 11870 Squash, winter, spagherir, cooked, boiled, with salt 0.20 0.04 11870 Turnips, cooked, boiled, drained, with salt 0.20	11613	Borage, raw	0.20	0.13
11727 Beans, sanp, yellow, canned, regular pack, solids and liquids 0.20 0.07 11728 Beans, sanp, yellow, canned, no salt added, clotide sol 0.20 0.03 11729 Beans, sanp, green, canned, no salt added, clotides solids 0.20 0.03 11731 Cabbage, common, cooked, boiled, drained, with salt 0.20 0.02 11737 Carrots, cooked, boiled, drained, with salt 0.20 0.03 11736 Clebraic, cooked, boiled, drained, with salt 0.20 0.03 11736 Clebraic, cooked, boiled, drained, with salt 0.20 0.03 11840 Musurd greens, frozen, cooked, boiled, drained, with salt 0.20 0.03 11848 Pumphin leaves, cooked, boiled, drained, with salt 0.20 0.03 11850 Squash, unmer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt 0.20 0.04 11870 Squash, winer, gaphetri, cooked, boiled, drained, with salt 0.20 0.04 11870 Sweet potato, cooked, boiled, drained, with salt 0.20 0.05 11880 Turnips, frozen, cooked, boiled, drained, with salt 0.20 0.05	11616	Dock, raw	0.20	0.13
11728 Beans, sanp, yellow, camed, no salt added, solids and liquids 0.20 0.03 11729 Beans, sanp, green, camed, no salt added, chined solids 0.20 0.03 11731 Cabbage, common, cooked, boiled, drained, with salt 0.20 0.02 11737 Carrost, cooked, boiled, drained, with salt 0.20 0.03 11736 Chysambermun, garland, cooked, boiled, drained, with salt 0.20 0.03 11840 Musuard greens, frozen, cooked, boiled, drained, with salt 0.20 0.03 11848 Pumpkin leaves, cooked, boiled, drained, with salt 0.20 0.03 11849 Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt 0.20 0.03 11870 Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt 0.20 0.05 11871 Squash, winter, spaghetti, cooked, boiled, drained, with salt 0.20 0.06 11870 Turnipe, cooked, boiled, drained, with salt 0.20 0.06 11870 Turnipe, frozen, cooked, boiled, drained, with salt 0.20 0.06 11897 Fennel, bulls raw 0.20 0.07	11726	Beans, snap, green, canned, no salt added, solids and liquids	0.20	0.07
11729 Beans, snap, green, canned, no salt added, drained solids 0.20 0.03 11751 Cabbage, common, cooked, boiled, drained, with salt 0.20 0.02 11757 Carrots, cooked, boiled, drained, with salt 0.20 0.02 11763 Celeriac, cooked, boiled, drained, with salt 0.20 0.04 11767 Chrysanthemum, garland, cooked, boiled, drained, with salt 0.20 0.05 11848 Pumpkin leaves, cooked, boiled, drained, with salt 0.20 0.05 11848 Pumpkin leaves, cooked, boiled, drained, with salt 0.20 0.05 11870 Squash, swiner, spaghetti, cooked, boiled, drained, with salt 0.20 0.05 11870 Squash, winer, spaghetti, cooked, boiled, drained, with salt 0.20 0.05 11870 Sweet potato, cooked, boiled, drained, with salt 0.20 0.06 11870 Sweet potato, cooked, boiled, drained, with salt 0.20 0.06 11889 Turnips, force, cooked, boiled, drained, with salt 0.20 0.06 11897 Yam, cooked, boiled, drained, with salt 0.20 0.06 1897	11727	Beans, snap, yellow, canned, regular pack, solids and liquids	0.20	0.07
11751 Cabbage, common, cooked, boiled, drained, with salt 0.02 0.02 11757 Carots, cooked, boiled, drained, with salt 0.02 0.02 11763 Celoriac, cooked, boiled, drained, with salt 0.02 0.04 11767 Chrysanthenum, garland, cooked, boiled, drained, with salt 0.02 0.13 11800 Mustard greens, frozen, cooked, boiled, drained, with salt 0.02 0.05 11848 Pumpkin leaves, cooked, boiled, drained, with salt 0.02 0.05 11870 Squash, summer, zwchini, includes skin, frozen, cooked, boiled, drained, with salt 0.02 0.05 11870 Squash, summer, zwchini, includes skin, frozen, cooked, boiled, drained, or baked, with salt 0.02 0.04 11870 Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt 0.02 0.06 11880 Turnips, cooked, boiled, drained, with salt 0.02 0.06 11890 Turnips, cooked, boiled, drained, with salt 0.02 0.06 11897 Yam, cooked, boiled, drained, with salt 0.02 0.07 11897 Fannel, bulb, raw 0.02 0.07	11728	Beans, snap, yellow, canned, no salt added, solids and liquids	0.20	0.07
11757 Carrots, cooked, boiled, drained, with salt 0.02 0.02 11763 Celeriac, cooked, boiled, drained, with salt 0.20 0.04 11767 Chrysanthemum, garland, cooked, boiled, drained, with salt 0.20 0.03 11800 Missard greens, frozen, cooked, boiled, drained, with salt 0.20 0.06 11848 Pumpkin leaves, cooked, boiled, drained, with salt 0.20 0.05 11870 Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt 0.20 0.04 11870 Squash, vinier, spaghetri, cooked, boiled, drained, or baked, with salt 0.20 0.04 11870 Squash, vinier, spaghetri, cooked, boiled, drained, or baked, with salt 0.20 0.04 11870 Squash, vinier, spaghetri, cooked, boiled, drained, with salt 0.20 0.06 11870 Tumips, cooked, boiled, drained, with salt 0.20 0.06 11890 Tumips, cooked, boiled, drained, with salt 0.20 0.06 11897 Yam, cooked, boiled, drained, with salt 0.20 0.07 11957 Fennel, bulb, raw 0.20 0.07	11729	Beans, snap, green, canned, no salt added, drained solids	0.20	0.03
11763 Celeriac, cooked, boiled, drained, with salt 0.04 11767 Chrysanthemum, garland, cooked, boiled, drained, with salt 0.20 0.13 11800 Mustard greens, frozen, cooked, boiled, drained, with salt 0.20 0.06 11848 Pumpkin leaves, cooked, boiled, drained, with salt 0.20 0.05 11862 Squash, sumer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt 0.20 0.05 11870 Sweet potato, cooked, boiled, drained, or baked, with salt 0.20 0.06 11876 Sweet potato, cooked, boiled, drained, with salt 0.20 0.06 11889 Turnips, cooked, boiled, drained, with salt 0.20 0.06 11897 Yam, cooked, boiled, drained, with salt 0.20 0.06 11897 Yam, cooked, boiled, drained, with salt 0.20 0.06 11897 Yam, cooked, boiled, drained, with salt 0.20 0.07 14015 Alcoholic beverage, pina colada, canned 0.20 0.07 18091 Cake, pudding-type, carrot, dry mix 0.20 0.05 18174 Cookies, graham crackers, chocolate-co	11751	Cabbage, common, cooked, boiled, drained, with salt	0.20	0.02
11767 Chrysanthemum, garland, cooked, boiled, drained, with salt 0.20 0.13 11800 Mustard greens, frozen, cooked, boiled, drained, with salt 0.20 0.06 11848 Pumpkin leaves, cooked, boiled, drained, with salt 0.20 0.03 11862 Squash, summer, zucchnii, includes skin, frozen, cooked, boiled, drained, or baked, with salt 0.20 0.04 11870 Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt 0.20 0.09 11889 Turnips, cooked, boiled, drained, with salt 0.20 0.06 11890 Turnips, frozen, cooked, boiled, drained, with salt 0.20 0.06 11897 Yam, cooked, boiled, drained, with salt 0.20 0.05 11897 Fennel, bulb, raw 0.20 0.07 14015 Alcoholic beverage, pina colada, canned 0.20 0.07 18020 Cake, pudding-type, carrot, dry mix 0.20 0.05 18174 Cookies, graham crackers, chocolate-coated 0.20 0.04 18202 Cookies, sugar wafer, with creme filling, sugar free 0.20 0.04 18304	11757	Carrots, cooked, boiled, drained, with salt	0.20	0.02
11800 Mustard greens, frozen, cooked, boiled, drained, with salt 0.00 11848 Pumpkin leaves, cooked, boiled, drained, with salt 0.20 0.13 11862 Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, or baked, with salt 0.20 0.005 11870 Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt 0.20 0.004 11876 Sweet potato, cooked, boiled, drained, with salt 0.20 0.006 11889 Turnips, frozen, cooked, boiled, drained, with salt 0.20 0.006 11890 Turnips, frozen, cooked, boiled, drained, with salt 0.20 0.006 11897 Yam, cooked, boiled, drained, with salt 0.20 0.006 11897 Fennel, bulb, raw 0.20 0.07 14015 Alcoholic beverage, pina colada, canned 0.20 0.05 18092 Cake, pudding-type, carrot, dry mix 0.20 0.05 18174 Cookies, graham crackers, chocolate-coated 0.20 0.04 18202 Cookies, graham crackers, chocolate-coated 0.20 0.07 18303 Pie, blueberry, prepared fro	11763	Celeriac, cooked, boiled, drained, with salt	0.20	0.04
11848 Pumpkin leaves, cooked, boiled, drained, with salt 0.20 0.13 11862 Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt 0.20 0.05 11870 Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt 0.20 0.04 11876 Sweet potato, cooked, boiled, drained, with salt 0.20 0.09 11889 Turnips, cooked, boiled, drained, with salt 0.20 0.06 11890 Turnips, frozen, cooked, boiled, drained, with salt 0.20 0.06 11897 Yam, cooked, boiled, drained, with salt 0.20 0.05 11957 Fennel, bulb, raw 0.20 0.07 14015 Alcoholic beverage, pina colada, canned 0.20 0.07 18092 Cake, pudding-type, carrot, dry mix 0.20 0.05 18174 Cookies, sugar wafer, with creme filling, sugar free 0.20 0.04 18202 Cookies, sugar wafer, with creme filling, sugar free 0.20 0.07 18306 Pie, cherry, prepared from recipe 0.20 0.04 18948 Pie crust, refrigerated, regular, u	11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	0.20	0.13
11862 Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt 0.20 0.05 11870 Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt 0.20 0.04 11876 Sweet potato, cooked, boiled, drained, with salt 0.20 0.06 11889 Turnips, cooked, boiled, drained, with salt 0.20 0.06 11897 Yam, cooked, boiled, drained, or baked, with salt 0.20 0.05 11897 Fennel, bulb, raw 0.20 0.07 14015 Alcoholic beverage, pina colada, canned 0.20 0.07 18092 Cake, pudding-type, carrot, dry mix 0.20 0.05 18174 Cookies, graham crackers, chocolate-coated 0.20 0.05 18202 Cookies, sugar wafer, with creme filling, sugar free 0.20 0.07 18306 Pic, blueberry, prepared from recipe 0.20 0.07 18309 Pic cherry, prepared from recipe 0.20 0.08 18948 Pic crust, refrigerated, regular, unbaked 0.20 0.08 18991 BARBARA DEE, Winter Mins Cookies 0.20	11800	Mustard greens, frozen, cooked, boiled, drained, with salt	0.20	0.06
11870 Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt 0.20 0.04 11876 Sweet potato, cooked, boiled, without skin, with salt 0.20 0.06 11889 Turnips, cooked, boiled, drained, with salt 0.20 0.06 11890 Turnips, frozen, cooked, boiled, drained, with salt 0.20 0.06 11897 Yam, cooked, boiled, drained, with salt 0.20 0.05 11957 Fennel, bulb, raw 0.20 0.07 14015 Alcoholic beverage, pina colada, canned 0.20 0.09 18092 Cake, pudding-type, carrot, dry mix 0.20 0.05 18174 Cookies, graham crackers, chocolate-coated 0.20 0.05 18202 Cookies, sugar wafer, with creme filling, sugar free 0.20 0.04 18306 Pie, blueberry, prepared from recipe 0.20 0.07 18309 Pie, cherry, prepared from recipe 0.20 0.04 18948 Pie crust, refrigerated, regular, unbaked 0.20 0.04 18991 BARBARA DEE, Winter Mints Cookies 0.20 0.02	11848	Pumpkin leaves, cooked, boiled, drained, with salt	0.20	0.13
11876 Sweet potato, cooked, boiled, without skin, with salt 0.20 0.09 11889 Turnips, cooked, boiled, drained, with salt 0.20 0.06 11890 Turnips, frozen, cooked, boiled, drained, with salt 0.20 0.06 11897 Yam, cooked, boiled, drained, or baked, with salt 0.20 0.05 11957 Fennel, bulb, raw 0.20 0.07 14015 Alcoholic beverage, pina colada, canned 0.20 0.09 18092 Cake, pudding-type, carrot, dry mix 0.20 0.05 18174 Cookies, graham crackers, chocolate-coated 0.20 0.05 18202 Cookies, graham crackers, chocolate-coated 0.20 0.04 18202 Cookies, sugar wafer, with creme filling, sugar free 0.20 0.04 18306 Pie, blueberry, prepared from recipe 0.20 0.08 18309 Pie, cherry, prepared from recipe 0.20 0.08 18948 Pie crust, refrigerated, regular, unbaked 0.20 0.04 18991 BARBARA DEE, Winter Mints Cookies 0.20 0.02 19128 Syrups, table blends, pancake, reduced-calorie 0.20 0.	11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	0.20	0.05
11889 Turnips, cooked, boiled, drained, with salt 0.20 0.06 11890 Turnips, frozen, cooked, boiled, drained, with salt 0.20 0.05 11897 Yam, cooked, boiled, drained, or baked, with salt 0.20 0.05 11957 Fennel, bulb, raw 0.20 0.09 18092 Cake, pudding-type, carrot, dry mix 0.20 0.05 18174 Cookies, graham crackers, chocolate-coated 0.20 0.05 18202 Cookies, sugar wafer, with creme filling, sugar free 0.20 0.04 18306 Pie, blueberry, prepared from recipe 0.0 0.07 18309 Pie, cherry, prepared from recipe 0.0 0.04 18948 Pie crust, refrigerated, regular, unbaked 0.0 0.04 18991 BARBARA DEE, Winter Mints Cookies 0.0 0.0 19128 Syrups, table blends, pancake, reduced-calorie 0.0 0.0 21140 Side dishes, potato salad 0.0 0.0 2280 KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree 0.0 0.0	11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	0.20	0.04
11890 Turnips, frozen, cooked, boiled, drained, with salt 0.20 0.06 11897 Yam, cooked, boiled, drained, or baked, with salt 0.20 0.15 11957 Fennel, bulb, raw 0.20 0.09 14015 Alcoholic beverage, pina colada, canned 0.20 0.09 18092 Cake, pudding-type, carrot, dry mix 0.20 0.05 18174 Cookies, graham crackers, chocolate-coated 0.20 0.19 18202 Cookies, sugar wafer, with creme filling, sugar free 0.20 0.04 18306 Pie, blueberry, prepared from recipe 0.20 0.07 18309 Pie, chrry, prepared from recipe 0.20 0.08 18948 Pie crust, refrigerated, regular, unbaked 0.20 0.04 18991 BARBARA DEE, Winter Mints Cookies 0.20 0.02 19128 Syrups, table blends, pancake, reduced-calorie 0.20 0.02 21140 Side dishes, potato salad 0.20 0.08 22980 KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree 0.20 0.20	11876	Sweet potato, cooked, boiled, without skin, with salt	0.20	0.09
11897 Yam, cooked, boiled, drained, or baked, with salt 0.20 0.15 11957 Fennel, bulb, raw 0.20 0.07 14015 Alcoholic beverage, pina colada, canned 0.20 0.09 18092 Cake, pudding-type, carrot, dry mix 0.20 0.05 18174 Cookies, graham crackers, chocolate-coated 0.20 0.19 18202 Cookies, sugar wafer, with creme filling, sugar free 0.20 0.04 18306 Pie, blueberry, prepared from recipe 0.20 0.07 18309 Pie, cherry, prepared from recipe 0.20 0.08 18948 Pie crust, refrigerated, regular, unbaked 0.20 0.04 18991 BARBARA DEE, Winter Mints Cookies 0.20 0.02 19128 Syrups, table blends, pancake, reduced-calorie 0.20 0.02 21140 Side dishes, potato salad 0.20 0.08 22980 KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree 0.20 0.20	11889	Turnips, cooked, boiled, drained, with salt	0.20	0.06
11957 Fennel, bulb, raw 0.20 0.07 14015 Alcoholic beverage, pina colada, canned 0.20 0.09 18092 Cake, pudding-type, carrot, dry mix 0.20 0.05 18174 Cookies, graham crackers, chocolate-coated 0.20 0.19 18202 Cookies, sugar wafer, with creme filling, sugar free 0.20 0.04 18306 Pie, blueberry, prepared from recipe 0.20 0.07 18309 Pie, cherry, prepared from recipe 0.20 0.08 18948 Pie crust, refrigerated, regular, unbaked 0.20 0.04 18991 BARBARA DEE, Winter Mints Cookies 0.20 0.02 19128 Syrups, table blends, pancake, reduced-calorie 0.20 0.02 21140 Side dishes, potato salad 0.20 0.08 22980 KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree 0.20	11890	Turnips, frozen, cooked, boiled, drained, with salt	0.20	0.06
14015 Alcoholic beverage, pina colada, canned 0.20 0.09 18092 Cake, pudding-type, carrot, dry mix 0.20 0.05 18174 Cookies, graham crackers, chocolate-coated 0.20 0.19 18202 Cookies, sugar wafer, with creme filling, sugar free 0.20 0.04 18306 Pie, blueberry, prepared from recipe 0.20 0.07 18309 Pie, cherry, prepared from recipe 0.20 0.08 18948 Pie crust, refrigerated, regular, unbaked 0.20 0.04 18991 BARBARA DEE, Winter Mints Cookies 0.20 0.02 19128 Syrups, table blends, pancake, reduced-calorie 0.20 0.02 21140 Side dishes, potato salad 0.20 0.08 22980 KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree 0.20	11897	Yam, cooked, boiled, drained, or baked, with salt	0.20	0.15
18092 Cake, pudding-type, carrot, dry mix 0.20 0.05 18174 Cookies, graham crackers, chocolate-coated 0.20 0.19 18202 Cookies, sugar wafer, with creme filling, sugar free 0.20 0.04 18306 Pie, blueberry, prepared from recipe 0.20 0.07 18309 Pie, cherry, prepared from recipe 0.20 0.08 18948 Pie crust, refrigerated, regular, unbaked 0.20 0.04 18991 BARBARA DEE, Winter Mints Cookies 0.20 19128 Syrups, table blends, pancake, reduced-calorie 0.20 0.02 21140 Side dishes, potato salad 0.20 0.08 22980 KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree 0.20	11957	Fennel, bulb, raw	0.20	0.07
18174 Cookies, graham crackers, chocolate-coated 0.20 0.19 18202 Cookies, sugar wafer, with creme filling, sugar free 0.20 0.04 18306 Pie, blueberry, prepared from recipe 0.20 0.07 18309 Pie, cherry, prepared from recipe 0.20 0.08 18948 Pie crust, refrigerated, regular, unbaked 0.20 0.04 18991 BARBARA DEE, Winter Mints Cookies 0.20 19128 Syrups, table blends, pancake, reduced-calorie 0.20 0.02 21140 Side dishes, potato salad 0.20 0.08 22980 KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree 0.20	14015	Alcoholic beverage, pina colada, canned	0.20	0.09
18202 Cookies, sugar wafer, with creme filling, sugar free 0.20 0.04 18306 Pie, blueberry, prepared from recipe 0.20 0.07 18309 Pie, cherry, prepared from recipe 0.20 0.08 18948 Pie crust, refrigerated, regular, unbaked 0.20 0.04 18991 BARBARA DEE, Winter Mints Cookies 0.20 19128 Syrups, table blends, pancake, reduced-calorie 0.20 0.02 21140 Side dishes, potato salad 0.20 0.08 22980 KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree 0.20	18092	Cake, pudding-type, carrot, dry mix	0.20	0.05
18306 Pie, blueberry, prepared from recipe 0.20 0.07 18309 Pie, cherry, prepared from recipe 0.20 0.08 18948 Pie crust, refrigerated, regular, unbaked 0.20 0.04 18991 BARBARA DEE, Winter Mints Cookies 0.20 19128 Syrups, table blends, pancake, reduced-calorie 0.20 0.02 21140 Side dishes, potato salad 0.20 0.08 22980 KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree 0.20	18174	Cookies, graham crackers, chocolate-coated	0.20	0.19
Pie, cherry, prepared from recipe 18309 Pie, cherry, prepared from recipe 18948 Pie crust, refrigerated, regular, unbaked 18991 BARBARA DEE, Winter Mints Cookies 19128 Syrups, table blends, pancake, reduced-calorie 21140 Side dishes, potato salad 22980 KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree 1800 0.20 0.08 18948 Pie, cherry, prepared from recipe 0.20 0.04 0.20 0.05 0.20 0.08 0.20 0.08 0.20 0.08	18202	Cookies, sugar wafer, with creme filling, sugar free	0.20	0.04
18948Pie crust, refrigerated, regular, unbaked0.200.0418991BARBARA DEE, Winter Mints Cookies0.2019128Syrups, table blends, pancake, reduced-calorie0.200.0221140Side dishes, potato salad0.200.0822980KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree0.20	18306	Pie, blueberry, prepared from recipe	0.20	0.07
18991BARBARA DEE, Winter Mints Cookies0.2019128Syrups, table blends, pancake, reduced-calorie0.200.0221140Side dishes, potato salad0.200.0822980KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree0.20	18309	Pie, cherry, prepared from recipe	0.20	0.08
19128Syrups, table blends, pancake, reduced-calorie0.200.0221140Side dishes, potato salad0.200.0822980KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree0.20	18948	Pie crust, refrigerated, regular, unbaked	0.20	0.04
19128Syrups, table blends, pancake, reduced-calorie0.200.0221140Side dishes, potato salad0.200.0822980KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree0.20	18991	BARBARA DEE, Winter Mints Cookies	0.20	
22980 KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree 0.20	19128	Syrups, table blends, pancake, reduced-calorie	0.20	
	21140	Side dishes, potato salad	0.20	0.08
22981 KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree 0.20	22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	0.20	
	22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	0.20	

2398 (A SASIL Spitack Curry Chicken, Invoce Inture 0.20 — 2894 (A SASIL Spitack Articlosche Paus, Invoce, unprepared 0.20 — 2702 (C AMPRIL S.) Burnesja (HIVATITY REQUEST Chicken with Whole Crain Pasta Snap 0.20 — 2803 (SIR) ASCURIS, Tegalismy, Chricken 0.20 — 2804 (A EPIDLIB, CHINS, TRASTURIS, Chinesal Rabini Chrisk, soft 0.20 — 2805 (A EPIDLIB, CHINS, TRASTURIS, Chinesal Chriskins 0.20 — 2807 (A EPIDLIB, CHINS, BURNES) 0.20 — 2808 (A EPIDLIB, LINCIAN ROPP). Evalues Crahams Chriskins 0.20 — 2808 (A EPIDLIB, LINCIAN ROPP). Fully Shapes, Indialay Spitheran 0.20 — 2808 (A EPIDLIB, LINCIAN ROPP). Fully Shapes, Indialay Spitheran 0.20 — 2809 (A EPIDLIB, LINCIAN ROPP). Fully Shapes, Optimal 0.20 — 2809 (A EPIDLIB, LINCIAN ROPP). Fully Shapes, Optimal 0.20 — 2809 (A EPIDLIB, LINCIAN ROPP). Fully Shapes, Optimal 0.20 — 2809 (A EPIDLIB, LINCIAN ROPP). Fully Shapes, Optimal 0.20 — 2809 (A EPIDLIB, LINCIAN ROPP). Fully Shapes, Optimal 0.20 — 2809 (A EPIDLIB, LINCIAN ROP	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
2021 CAMPIRIAL'S Homestyle IRAL'HIY REQUIST Cricken with Whole Canin Pasta Soup 0.00 0.20 2033 GIRL SCOUTS, Tagalongs Cookies 0.00 0.20 2848 KEBELER, BAREN STREASURS, Some Alexisin Cookie, soft 0.00 0.20 28062 KEBELER, County Soft Outnead Cookies with Raisin 0.00 0.20 28073 KEBELER, County Soft Outnead Cookies with Raisin 0.00 0.20 28080 KEBELER, FUDGE SHOPPE, Daluxe Grahums Cookies 0.00 0.20 28081 KEBELER, FUDGE SHOPPE, Daluxe Grahums Cookies 0.00 0.20 28082 KEBELER, FUDGE SHOPPE, Fudge Shirjes, Dalumal 0.00 0.20 28093 KEBELER, FUDGE SHOPPE, Fudge Shirjes, Outneal 0.00 0.20 28094 KEBELER, FUDGE SHOPPE, Fudge Shirjes, Outneal 0.00 0.20 28093 KEBELER, FUDGE SHOPPE, Fudge Shirjes, Outneal Shirjes 0.00 0.20 28094 KEBELER, FUDGE SHOPPE, Fudge Shirjes Cookies 0.00 0.20 2819 KEBELER, FUDGE SHOPPE, Fudge Shirjes Cookies 0.00 0.20 2819 KEBELER, FUDGE SHOPPE, Maje Maje Ma	22989	KASHI, Red Curry Chicken, Frozen Entree	0.20	
2803 GIRL SCUIN, Taplongs Cookies 0.20 -2 2804 KLBBLER, BAKERS FIRLASURES, Oameal Raisin Cookie, suff 0.20 -2 2802 KEPBLER, Climby By U.N. Suff in Chewy Chocaline Chip Cookies 0.20 -2 2802 KEPBLER, Climby By By U.N. Suff in Chewy Chocaline Chip Cookies 0.20 -2 2803 KEPBLER, Dunich Walding Cookies 0.20 -2 2806 KEBBLER, FUDGE SHOPPE, Fudge Stirpes, Deliably Spiderman 0.20 -2 2808 KEBBLER, FUDGE SHOPPE, Fudge Stirpes, Mini 0.20 -2 28091 KEBBLER, FUDGE SHOPPE, Fudge Stirpes, Odinand 0.20 -2 28092 KEBBLER, FUDGE SHOPPE, Fudge Stirpes, Odinand 0.20 -2 28093 KEBBLER, FUDGE SHOPPE, Fudge Stirpes, Odinand 0.20 -2 28094 KEBBLER, FUDGE SHOPPE, Fudge Stirpes, Odinand 0.20 -2 28095 KEBBLER, FUDGE SHOPPE, Fudge Stirpes, Odinand 0.20 -2 28096 KEBBLER, FUDGE SHOPPE, Mini Fudge Stirpes, Folkige Mini Fudge Stirpes, Fud	22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	0.20	
28148 KEBBLER, CHIPS DELUXE, Soft a Chewy Chocolac Chip Cookes 0.00 0.20 28072 KEBBLER, CHIPS DELUXE, Soft a Chewy Chocolac Chip Cookes 0.00 0.20 28073 KEBBLER, Danish Wedding Cookies 0.00 0.20 28078 KEBBLER, FLIDGR SHOPFE, Deluse Gradums Crokies 0.00 0.20 28088 KEBBLER, FLIDGR SHOPPE, Deluse Grippes, Indialay Spiderman 0.00 0.20 28091 KEBBLER, FUDGE SHOPPE, Heige Stripes, Original 0.00 0.20 28092 KEBBLER, FUDGE SHOPPE, Heige Stripes, Original 0.00 0.20 28093 KEBBLER, FUDGE SHOPPE, Magic Middles Falge Filed Cookies, Feature Butter 0.00 0.20 28094 KEBBLER, FUDGE SHOPPE, Magic Middles Falge Filed Cookies, Feature Butter 0.00 0.20 28095 KEBBLER, FUDGE SHOPPE, Magic Middles Falge Filed Cookies, Feature Butter 0.00 0.20 28196 KEBBLER, FUDGE SHOPPE, Magic Middles Falge Filed Cookies, Feature Butter Filed Cookies 0.00 0.20 28191 KEBBLER, FUDGE SHOPPE, Magic Middles Falge Filed Cookies, Feature Butter Filed Cookies 0.00 0.20 2821 KEBBLER, FUDGE SHOPPE, Mag	27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	0.20	0.02
28062 KFEBLER, CHIPS DELLYKE, Soft 'n Chewy Chocolate Chip Cookies 0.20	28033	GIRL SCOUTS, Tagalongs Cookies	0.20	
28072 KEEBLER, Country Style Oatmeal Cookies with Raisins 0.20 -2 28073 KEEBLER, Danish Wedding Cookies 0.20 -2 28080 KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman 0.20 -2 28088 KFEBLER, FUDGE SHOPPE, Fudge Stripes, Mini 0.20 -2 28090 KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original 0.20 -2 28092 KEEBLER, FUDGE SHOPPE, Grassbopper Cookies, Fudge Min 0.20 -2 28093 KFERLER, FUDGE SHOPPE, Grassbopper Cookies, Fudge Min 0.20 -2 28094 KEEBLER, FUDGE SHOPPE, Grassbopper Cookies, Fudge Min 0.20 -2 28098 KFERLER, FUDGE SHOPPE, Grassbopper Cookies, Fudge Min 0.20 -2 28098 KFERLER, FUDGE SHOPPE, Grassbopper Cookies, Fudge Min 0.20 -2 28199 KEEBLER, FUDGE SHOPPE, Grassbopper Cookies, Fund Butter 0.20 -2 28199 KEEBLER, FUDGE SHOPPE, Grassbopper Cookies 0.20 -2 28191 KEEBLER, O'Cootre RUTTE, SLOGE Grassbopper Cookies 0.20 -2 2821 KEEBLER, TO'Cootre RUTTE, CHECKLER, Ce	28048	KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft	0.20	
28073 KEEBLER, Dunish Wedding Cookies 0.00	28062	KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies	0.20	
2808 KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies 0.0	28072	KEEBLER, Country Style Oatmeal Cookies with Raisins	0.20	
28088 KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini 0.20	28073	KEEBLER, Danish Wedding Cookies	0.20	
2808) KEBBLER, FUDGE SHOPPE, Fudge Stripes, Minal 0.20 28091 KEBBLER, FUDGE SHOPPE, Fudge Stripes, Omenal 0.20 28092 KEBBLER, FUDGE SHOPPE, Fudge Stripes, Original 0.20 28093 KEBBLER, FUDGE SHOPPE, Fudge Stripes, Original 0.20 28098 KEBBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter 0.20 28109 KEBBLER, 10D Catoric RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies 0.20 28119 KEBBLER, 10D Catoric RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies 0.20 28151 KEBBLER, 10D Catoric RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies 0.20 28151 KEBBLER, 10D Catoric RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies 0.20 28151 KEBBLER, 10D Catoric RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies 0.20 28203 MOTHERS, Leed Oatmeal Cookies 0.20 28261 FAMOUS AMOS, Chocolate Sandwich Creme Cookies 0.20 28264 KEBBLER, Oatmeal Cookies 0.20 0.58 <td>28080</td> <td>KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies</td> <td>0.20</td> <td></td>	28080	KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies	0.20	
28091 KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original 0.20	28088	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman	0.20	
28092 KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original 0.20	28089	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini	0.20	
2802 KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original 0.0	28091	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal	0.20	
28098 KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter 0.0	28092	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original	0.20	
2808 KEBBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter 0.00	28093	KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint	0.20	
28119 KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies 0.20	28098	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter	0.20	
28119 KEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies 0.20	28109	KEEBLER, Iced Oatmeal Cookies	0.20	
28203 MOTHER'S, Iced Oatmeal Cookies 0.20 - 28219 MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies 0.20 - 28261 FAMOUS AMOS, Chocolate Sandwich Creme Cookies 0.20 - 28264 KEEBLER, Oatmeal Cookies 0.20 - 28276 MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies 0.20 0.58 28290 Cookie, with peanut butter filling, chocolate-coated 0.20 0.36 28293 Cookie, butter or sugar, with chocolate icing or filling 0.20 0.36 3003 KASHI Italian Vegetable Medley Pasta, frozen, unprepared 0.20 0.02 42316 Babyfood, carrots, toddler 0.20 0.02 43143 Cabbage, japanese style, fresh, pickled 0.20 0.02 4331 Salad fressing, bacon and tomato 0.20 0.03 4336 Tomato and vegetable juice, low sodium 0.20 0.03 1894 Pic, Dutch Apple, Commercially Prepared 0.19 0.15 1901 Snacks, fruit leather, pieces 0.19 0.17 19014 Snacks, fruit leather, pieces 0.19 0.17	28119	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies	0.20	
28203 MOTHER'S, Iced Oatmeal Cookies 0.20 28219 MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies 0.20 28261 FAMOUS AMOS, Chocolate Sandwich Creme Cookies 0.20 28264 KEBILER, Oatmeal Cookies 0.20 28276 MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies 0.20 28290 Cookie, with peanut butter filling, chocolate-coated 0.20 0.58 28293 Cookie, butter or sugar, with chocolate icing or filling 0.20 0.36 36002 KASHI Italian Vegetable Medley Pasta, frozen, unprepared 0.20 0.02 42316 Babyfood, carrots, toddler 0.20 0.02 43143 Cabbage, japanese style, fresh, pickled 0.20 0.02 43331 Salad dressing, bacon and tomato 0.20 0.03 43365 Tomato and vegetable juice, low sodium 0.20 0.03 1894 Pie, Dutch Apple, Commercially Prepared 0.19 0.15 18913 Snacks, fruit leather, pieces 0.19 0.17 19013 Snacks, fruit leather, rolls 0.19 0.17	28151	KEEBLER, TRADITIONS, Iced Oatmeal Cookies	0.20	
28261 FAMOUS AMOS, Chocolate Sandwich Creme Cookies 0.20 28264 KEEBLER, Oatmeal Cookies 0.20 28276 MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies 0.20 0.58 28290 Cookie, with peanut butter filling, chocolate-coated 0.20 0.58 28293 Cookie, butter or sugar, with chocolate icing or filling 0.20 0.36 3030 KASHI Italian Vegetable Medley Pasta, frozen, unprepared 0.20 0.02 42316 Babyfood, carrots, toddler 0.20 0.02 43143 Cabbage, japanese style, fresh, pickled 0.20 0.02 43331 Salad dressing, bacon and tomato 0.20 0.03 43365 Tomato and vegetable juice, low sodium 0.20 0.03 18354 Strudel, apple 0.19 0.03 18944 Pic, Dutch Apple, Commercially Prepared 0.19 0.15 19013 Snacks, fruit leather, pieces 0.19 0.17 19014 Snacks, fruit leather, rolls 0.19 0.17	28203	MOTHER'S, Iced Oatmeal Cookies	0.20	
28261 FAMOUS AMOS, Chocolate Sandwich Creme Cookies 0.20 28264 KEEBLER, Oatmeal Cookies 0.20 28276 MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies 0.20 0.58 28290 Cookie, with peanut butter filling, chocolate-coated 0.20 0.58 28293 Cookie, butter or sugar, with chocolate icing or filling 0.20 0.36 3030 KASHI Italian Vegetable Medley Pasta, frozen, unprepared 0.20 0.02 42316 Babyfood, carrots, toddler 0.20 0.08 43143 Cabbage, japanese style, fresh, pickled 0.20 0.02 43331 Salad dressing, bacon and tomato 0.20 0.03 43365 Tomato and vegetable juice, low sodium 0.20 0.03 18354 Strudel, apple 0.19 0.03 18944 Pie, Dutch Apple, Commercially Prepared 0.19 0.15 19013 Snacks, fruit leather, pieces 0.19 0.17 19014 Snacks, fruit leather, rolls 0.19 0.17	28219	MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies	0.20	
28276 MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies 0.20	28261	FAMOUS AMOS, Chocolate Sandwich Creme Cookies	0.20	
28276 MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies 0.20	28264	KEEBLER, Oatmeal Cookies	0.20	
28293 Cookie, butter or sugar, with chocolate icing or filling 0.20 0.36 32030 KASHI Italian Vegetable Medley Pasta, frozen, unprepared 0.20 - 36028 DENNY'S, coleslaw 0.20 0.02 42316 Babyfood, carrots, toddler 0.20 0.08 43143 Cabbage, japanese style, fresh, pickled 0.20 0.02 43331 Salad dressing, bacon and tomato 0.20 0.03 43365 Tomato and vegetable juice, low sodium 0.20 - 18354 Strudel, apple 0.19 0.03 18944 Pie, Dutch Apple, Commercially Prepared 0.19 0.15 19013 Snacks, fruit leather, pieces 0.19 0.17 19014 Snacks, fruit leather, rolls 0.19 0.17	28276	MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies	0.20	
32030 KASHI Italian Vegetable Medley Pasta, frozen, unprepared 0.20 36028 DENNY'S, coleslaw 0.20 0.02 42316 Babyfood, carrots, toddler 0.20 0.08 43143 Cabbage, japanese style, fresh, pickled 0.20 0.02 43331 Salad dressing, bacon and tomato 0.20 0.03 43365 Tomato and vegetable juice, low sodium 0.20 18354 Strudel, apple 0.19 0.03 18944 Pie, Dutch Apple, Commercially Prepared 0.19 0.15 19013 Snacks, fruit leather, pieces 0.19 0.17 19014 Snacks, fruit leather, rolls 0.19 0.17	28290	Cookie, with peanut butter filling, chocolate-coated	0.20	0.58
36028 DENNY'S, coleslaw 0.20 0.02 42316 Babyfood, carrots, toddler 0.20 0.08 43143 Cabbage, japanese style, fresh, pickled 0.20 0.02 43331 Salad dressing, bacon and tomato 0.20 0.03 43365 Tomato and vegetable juice, low sodium 0.20 18354 Strudel, apple 0.19 0.03 18944 Pie, Dutch Apple, Commercially Prepared 0.19 0.15 19013 Snacks, fruit leather, pieces 0.19 0.17 19014 Snacks, fruit leather, rolls 0.19 0.17	28293	Cookie, butter or sugar, with chocolate icing or filling	0.20	0.36
42316 Babyfood, carrots, toddler 0.20 0.08 43143 Cabbage, japanese style, fresh, pickled 0.20 0.02 43331 Salad dressing, bacon and tomato 0.20 0.03 43365 Tomato and vegetable juice, low sodium 0.20 18354 Strudel, apple 0.19 0.03 18944 Pie, Dutch Apple, Commercially Prepared 0.19 0.15 19013 Snacks, fruit leather, pieces 0.19 0.17 19014 Snacks, fruit leather, rolls 0.19 0.17	32030	KASHI Italian Vegetable Medley Pasta, frozen, unprepared	0.20	
43143 Cabbage, japanese style, fresh, pickled 0.20 0.02 43331 Salad dressing, bacon and tomato 0.20 0.03 43365 Tomato and vegetable juice, low sodium 0.20 18354 Strudel, apple 0.19 0.03 18944 Pie, Dutch Apple, Commercially Prepared 0.19 0.15 19013 Snacks, fruit leather, pieces 0.19 0.17 19014 Snacks, fruit leather, rolls 0.19 0.17	36028	DENNY'S, coleslaw	0.20	0.02
43331 Salad dressing, bacon and tomato 0.20 0.03 43365 Tomato and vegetable juice, low sodium 0.20 18354 Strudel, apple 0.19 0.03 18944 Pie, Dutch Apple, Commercially Prepared 0.19 0.15 19013 Snacks, fruit leather, pieces 0.19 0.17 19014 Snacks, fruit leather, rolls 0.19 0.17	42316	Babyfood, carrots, toddler	0.20	0.08
43365 Tomato and vegetable juice, low sodium 0.20 18354 Strudel, apple 0.19 0.03 18944 Pie, Dutch Apple, Commercially Prepared 0.19 0.15 19013 Snacks, fruit leather, pieces 0.19 0.17 19014 Snacks, fruit leather, rolls 0.19 0.17	43143	Cabbage, japanese style, fresh, pickled	0.20	0.02
18354 Strudel, apple 0.19 0.03 18944 Pie, Dutch Apple, Commercially Prepared 0.19 0.15 19013 Snacks, fruit leather, pieces 0.19 0.17 19014 Snacks, fruit leather, rolls 0.19 0.17	43331	Salad dressing, bacon and tomato	0.20	0.03
18944 Pie, Dutch Apple, Commercially Prepared 0.19 0.15 19013 Snacks, fruit leather, pieces 0.19 0.17 19014 Snacks, fruit leather, rolls 0.19 0.17	43365	Tomato and vegetable juice, low sodium	0.20	
19013 Snacks, fruit leather, pieces 0.19 0.17 19014 Snacks, fruit leather, rolls 0.19 0.17	18354	Strudel, apple	0.19	0.03
19014 Snacks, fruit leather, rolls 0.19 0.17	18944	Pie, Dutch Apple, Commercially Prepared	0.19	0.15
	19013	Snacks, fruit leather, pieces	0.19	0.17
19274 Snacks, fruit leather, pieces, with vitamin C 0.19	19014	Snacks, fruit leather, rolls	0.19	0.17
	19274	Snacks, fruit leather, pieces, with vitamin C	0.19	0.17

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
19919	Candies, fruit snacks, with high vitamin C	0.19	0.02
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	0.19	0.11
27055	Sauce, barbecue, SWEET BABY RAY'S, original	0.19	0.06
36021	APPLEBEE'S, coleslaw	0.19	0.02
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	0.19	0.03
43007	Babyfood, fruit, tutti frutti, junior	0.19	0.20
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	0.19	0.04
90480	Syrup, Cane	0.19	0.02
03092	Babyfood, vegetables, green beans, junior	0.19	0.05
03104	Babyfood, vegetables, squash, strained	0.19	0.03
03105	Babyfood, vegetables, squash, junior	0.19	0.03
03119	Babyfood, vegetables, corn, creamed, strained	0.19	0.03
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	0.19	0.05
03934	Babyfood, corn and sweet potatoes, strained	0.19	0.05
04023	Salad dressing, thousand island dressing, reduced fat	0.19	0.00
04144	Salad dressing, italian dressing, reduced fat, without salt	0.19	0.00
06151	Sauce, plum, ready-to-serve	0.19	0.08
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	0.19	0.06
06971	Sauce, worcestershire	0.19	0.20
09056	Boysenberries, canned, heavy syrup	0.19	0.07
09153	Lemon juice from concentrate, canned or bottled	0.19	0.02
09260	Pears, dried, sulfured, stewed, without added sugar	0.19	0.18
09288	Prunes, canned, heavy syrup pack, solids and liquids	0.19	0.12
09292	Plums, dried (prunes), stewed, without added sugar	0.19	0.12
09314	Sapote, mamey, raw	0.19	0.21
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	0.19	0.01
11116	Cabbage, chinese (pak-choi), raw	0.19	0.02
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	0.19	0.13
11439	Sauerkraut, canned, solids and liquids	0.19	0.10
11492	Squash, winter, spaghetti, raw	0.19	0.04
11559	Tomato products, canned, sauce, with tomato tidbits	0.19	0.01
11568	Turnip greens, raw	0.19	0.35
11645	Sweet potato, canned, syrup pack, solids and liquids	0.19	0.12
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	0.19	0.13
11943	Pimento, canned	0.19	0.05
18302	Pie, apple, prepared from recipe	0.19	0.05

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
03100	Babyfood, vegetables, carrots, junior	0.18	0.05
06023	Soup, chicken with rice, canned, condensed	0.18	0.10
06159	Soup, tomato, canned, condensed	0.18	0.05
06164	Sauce, salsa, ready-to-serve	0.18	0.07
06309	CAMPBELL'S, Chicken with Rice Soup, condensed	0.18	
06377	CAMPBELL'S, Tomato Soup, condensed	0.18	0.05
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	0.18	0.02
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	0.18	0.12
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	0.18	0.00
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	0.18	0.00
09046	Blackberries, canned, heavy syrup, solids and liquids	0.18	0.13
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	0.18	0.12
09181	Melons, cantaloupe, raw	0.18	0.04
09247	Peaches, dried, sulfured, stewed, without added sugar	0.18	0.12
09261	Pears, dried, sulfured, stewed, with added sugar	0.18	0.17
09299	Raisins, seeded	0.18	0.30
09306	Raspberries, frozen, red, sweetened	0.18	0.10
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	0.18	0.01
11109	Cabbage, raw	0.18	0.02
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	0.18	0.03
11235	Kale, frozen, unprepared	0.18	0.05
11236	Kale, frozen, cooked, boiled, drained, without salt	0.18	0.05
11253	Lettuce, green leaf, raw	0.18	0.03
11335	Peppers, sweet, green, canned, solids and liquids	0.18	0.13
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	0.18	0.03
11503	Swamp cabbage, (skunk cabbage), raw	0.18	0.02
11512	Sweet potato, canned, vacuum pack	0.18	0.14
11655	Carrot juice, canned	0.18	0.05
11660	Tomatoes, red, ripe, cooked, stewed	0.18	0.10
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	0.18	0.02
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	0.18	0.02
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	0.18	0.03
11791	Kale, frozen, cooked, boiled, drained, with salt	0.18	0.05
11916	Peppers, sweet, red, canned, solids and liquids	0.18	0.13
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	0.18	0.02
18308	Pie, cherry, commercially prepared	0.18	0.04

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
19186	Desserts, apple crisp, prepared-from-recipe	0.18	0.07
27034	CAMPBELL'S, 98% Fat Free Cream of Mushroom Soup, condensed	0.18	
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	0.18	0.02
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	0.18	0.03
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	0.18	0.04
36035	Restaurant, family style, coleslaw	0.18	0.02
42137	Salad dressing, peppercorn dressing, commercial, regular	0.18	0.01
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	0.18	0.00
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	0.18	0.00
42171	Salad dressing, french dressing, reduced calorie	0.18	0.01
42230	Salad Dressing, coleslaw dressing, reduced fat	0.18	0.00
43016	Salad dressing, coleslaw	0.18	0.01
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	0.18	0.00
43536	Babyfood, dessert, peach yogurt	0.18	0.04
19136	Candies, HERSHEY'S SKOR Toffee Bar	0.17	0.04
19234	Puddings, tapioca, ready-to-eat, fat free	0.17	0.02
21310	McDONALD'S, Barbeque Sauce	0.17	0.04
27056	Sauce, barbecue, BULL'S-EYE, original	0.17	0.09
27066	Sauce, horseradish	0.17	0.02
01107	Milk, human, mature, fluid	0.17	0.05
03112	Babyfood, potatoes, toddler	0.17	0.07
03226	Babyfood, dessert, fruit pudding, orange, strained	0.17	0.05
04639	Salad dressing, ranch dressing, regular	0.17	0.02
04686	Salad dressing, honey mustard dressing, reduced calorie	0.17	0.02
06018	Soup, chunky chicken noodle, canned, ready-to-serve	0.17	0.03
06150	Sauce, barbecue	0.17	0.07
06170	Soup, stock, beef, home-prepared	0.17	0.05
06219	CAMPBELL'S, 98% Fat Free Cream of Chicken Soup, condensed	0.17	
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	0.17	0.04
09143	Guava sauce, cooked	0.17	0.08
09149	Kumquats, raw	0.17	0.10
09185	Melon balls, frozen	0.17	0.06
09191	Nectarines, raw	0.17	0.09
09236	Peaches, yellow, raw	0.17	0.07
09248	Peaches, dried, sulfured, stewed, with added sugar	0.17	0.11
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	0.17	0.02

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
11122	Cardoon, raw	0.17	0.23
11136	Cauliflower, cooked, boiled, drained, without salt	0.17	0.02
11137	Cauliflower, frozen, unprepared	0.17	0.03
11206	Cucumber, peeled, raw	0.17	0.07
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	0.17	0.08
11274	Mustard spinach, (tendergreen), raw	0.17	0.08
11282	Onions, raw	0.17	0.04
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	0.17	0.10
11424	Pumpkin, canned, without salt	0.17	0.11
11427	Purslane, raw	0.17	0.11
11428	Purslane, cooked, boiled, drained, without salt	0.17	0.11
11483	Squash, winter, acorn, cooked, baked, without salt	0.17	0.09
11487	Squash, winter, butternut, frozen, unprepared	0.17	0.05
11529	Tomatoes, red, ripe, raw, year round average	0.17	0.06
11533	Tomatoes, red, ripe, canned, stewed	0.17	0.11
11574	Turnip greens, frozen, unprepared	0.17	0.06
11659	Sweet potato, cooked, candied, home-prepared	0.17	0.11
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	0.17	0.02
11761	Cauliflower, cooked, boiled, drained, with salt	0.17	0.02
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	0.17	0.08
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	0.17	0.10
11846	Pumpkin, canned, with salt	0.17	0.11
11849	Purslane, cooked, boiled, drained, with salt	0.17	0.11
11864	Squash, winter, acorn, cooked, baked, with salt	0.17	0.09
11935	Catsup	0.17	0.08
11949	Catsup, low sodium	0.17	0.08
11951	Peppers, sweet, yellow, raw	0.17	0.11
11960	Carrots, baby, raw	0.17	0.10
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	0.17	0.02
18171	Cookies, fortune	0.17	0.06
01136	Egg, white, dried, powder, stabilized, glucose reduced	0.16	0.17
03278	Babyfood, dinner, mixed vegetable, strained	0.16	0.04
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	0.16	0.06
06169	Sauce, ready-to-serve, pepper, TABASCO	0.16	0.08
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	0.16	0.04
06307	Sauce, barbecue, KRAFT, original	0.16	0.09

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	0.16	0.06
06972	Sauce, tomato chili sauce, bottled, with salt	0.16	0.13
08101	Cereals, CREAM OF RICE, cooked with water, without salt	0.16	0.03
08168	Cereals, CREAM OF RICE, cooked with water, with salt	0.16	0.03
09050	Blueberries, raw	0.16	0.06
09062	Cherimoya, raw	0.16	0.07
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	0.16	0.06
09214	Orange juice, frozen concentrate, unsweetened, undiluted	0.16	0.06
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	0.16	0.06
11106	Butterbur, (fuki), raw	0.16	0.10
11151	Chicory, witloof, raw	0.16	0.05
11209	Eggplant, raw	0.16	0.08
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	0.16	0.02
11576	Turnip greens and turnips, frozen, unprepared	0.16	0.05
11603	Yambean (jicama), raw	0.16	0.05
11647	Sweet potato, canned, syrup pack, drained solids	0.16	0.17
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	0.16	0.02
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	0.16	0.04
14552	Carbonated beverage, chocolate-flavored soda	0.16	0.01
18087	Cake, angelfood, dry mix	0.16	0.09
18090	Cake, boston cream pie, commercially prepared	0.16	0.04
18301	Pie, apple, commercially prepared, enriched flour	0.16	0.05
18305	Pie, blueberry, commercially prepared	0.16	0.05
18443	Pie, apple, commercially prepared, unenriched flour	0.16	0.05
19201	Puddings, vanilla, ready-to-eat	0.16	0.02
36025	CRACKER BARREL, coleslaw	0.16	0.02
43369	Beverages, Chocolate-flavored drink, whey and milk based	0.16	0.07
19103	Candies, fudge, vanilla, prepared-from-recipe	0.15	0.00
19283	Frozen novelties, ice type, pop	0.15	0.00
21420	KFC, Coleslaw	0.15	0.02
35015	Blackberries, wild, raw (Alaska Native)	0.15	0.22
01135	Egg, white, dried, flakes, stabilized, glucose reduced	0.15	0.23
03099	Babyfood, vegetables, carrots, strained	0.15	0.04
03286	Babyfood, vegetables, mix vegetables strained	0.15	0.04
04025	Salad dressing, mayonnaise, regular	0.15	0.02
06011	Soup, cheese, canned, condensed	0.15	0.10

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
06038	CAMPBELL'S, Cheddar Cheese Soup, condensed	0.15	
06053	Soup, cream of potato, canned, condensed	0.15	0.20
06341	CAMPBELL'S, Cream of Potato Soup, condensed	0.15	
06363	CAMPBELL'S, Homestyle Chicken Noodle Soup, condensed	0.15	
06417	Soup, chicken gumbo, canned, prepared with equal volume water	0.15	0.05
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	0.15	0.10
06961	Sauce, peppers, hot, chili, mature red, canned	0.15	0.09
06962	Sauce, chili, peppers, hot, immature green, canned	0.15	0.09
06985	Gravy, HEINZ Home Style, savory beef	0.15	0.02
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	0.15	0.04
09040	Bananas, raw	0.15	0.08
09089	Figs, raw	0.15	0.07
09229	Papaya nectar, canned	0.15	0.01
11204	Cress, garden, cooked, boiled, drained, without salt	0.15	0.11
11252	Lettuce, iceberg (includes crisphead types), raw	0.15	0.02
11430	Radishes, oriental, raw	0.15	0.12
11485	Squash, winter, butternut, raw	0.15	0.07
11490	Squash, winter, hubbard, baked, without salt	0.15	0.04
11781	Cress, garden, cooked, boiled, drained, with salt	0.15	0.11
11799	Mustard greens, cooked, boiled, drained, with salt	0.15	0.10
11868	Squash, winter, hubbard, baked, with salt	0.15	0.04
11921	Peppers, sweet, red, sauteed	0.15	0.02
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	0.15	0.00
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	0.14	0.24
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	0.14	0.01
04703	Salad dressing, honey mustard, regular	0.14	0.02
06172	Soup, stock, chicken, home-prepared	0.14	0.05
06336	CAMPBELL'S, Cream of Chicken Soup, condensed	0.14	
06419	Soup, chicken noodle, canned, prepared with equal volume water	0.14	0.02
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	0.14	0.00
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	0.14	0.00
09033	Apricots, dried, sulfured, stewed, without added sugar	0.14	0.12
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	0.14	0.05
09148	Kiwifruit, green, raw	0.14	0.13
09277	Plantains, raw	0.14	0.08
09316	Strawberries, raw	0.14	0.05

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	0.14	0.06
11144	Celery, cooked, boiled, drained, without salt	0.14	0.04
11530	Tomatoes, red, ripe, cooked	0.14	0.08
11566	Turnips, frozen, unprepared	0.14	0.04
11569	Turnip greens, cooked, boiled, drained, without salt	0.14	0.25
11695	Tomatoes, orange, raw	0.14	0.06
11764	Celery, cooked, boiled, drained, with salt	0.14	0.04
11884	Tomatoes, red, ripe, cooked, with salt	0.14	0.08
11891	Turnip greens, cooked, boiled, drained, with salt	0.14	0.25
11945	Pickle relish, sweet	0.14	0.08
11970	Cabbage, napa, cooked	0.14	0.10
11979	Peppers, jalapeno, raw	0.14	0.05
14024	Beverages, Whiskey sour mix, powder	0.14	0.13
14096	Alcoholic beverage, wine, table, red	0.14	0.01
14602	Alcoholic Beverage, wine, table, red, Merlot	0.14	0.01
18196	Cookies, brownies, dry mix, sugar free	0.14	0.03
19177	Gelatins, dry powder, unsweetened	0.14	2.16
19352	Syrups, malt	0.14	0.20
21127	Fast foods, coleslaw	0.14	0.02
35198	Prickly pears, raw (Northern Plains Indians)	0.14	0.02
42119	Babyfood, banana juice with low fat yogurt	0.14	0.03
42120	Babyfood, mixed fruit juice with low fat yogurt	0.14	0.03
43285	Eggs, scrambled, frozen mixture	0.14	0.03
43537	Babyfood, dessert, blueberry yogurt, strained	0.14	0.03
21311	McDONALD'S, Creamy Ranch Sauce	0.13	0.04
42040	Syrups, grenadine	0.13	0.03
43598	Mayonnaise dressing, no cholesterol	0.13	0.00
01114	Whey, sweet, fluid	0.13	0.00
01258	Egg, white, dried, stabilized, glucose reduced	0.13	0.13
03159	Babyfood, fruit, pears and pineapple, junior	0.13	0.10
03293	Babyfood, plums, bananas and rice, strained	0.13	0.05
04143	Salad dressing, italian dressing, commercial, regular, without salt	0.13	0.00
06498	Soup, tomato, dry, mix, prepared with water	0.13	0.03
06955	Soup, cream of chicken, canned, condensed, reduced sodium	0.13	0.03
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	0.13	0.04
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	0.13	0.04

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	0.13	0.05
09144	Jackfruit, raw	0.13	0.08
09278	Plantains, cooked	0.13	0.07
09318	Strawberries, frozen, unsweetened	0.13	0.05
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	0.13	0.05
09413	Pears, raw, red anjou	0.13	0.07
09414	Pears, raw, bosc	0.13	0.10
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	0.13	0.02
11143	Celery, raw	0.13	0.04
11294	Onions, sweet, raw	0.13	0.06
11333	Peppers, sweet, green, raw	0.13	0.07
11431	Radishes, oriental, cooked, boiled, drained, without salt	0.13	0.10
11482	Squash, winter, acorn, raw	0.13	0.06
11486	Squash, winter, butternut, cooked, baked, without salt	0.13	0.06
11489	Squash, winter, hubbard, raw	0.13	0.06
11537	Tomatoes, red, ripe, canned, with green chilies	0.13	0.09
11637	Radishes, white icicle, raw	0.13	0.10
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	0.13	0.02
11850	Radishes, oriental, cooked, boiled, drained, with salt	0.13	0.10
11866	Squash, winter, butternut, cooked, baked, with salt	0.13	0.06
14017	Alcoholic beverage, pina colada, prepared-from-recipe	0.13	0.08
14084	Alcoholic beverage, wine, table, all	0.13	0.01
14639	Beverages, rice milk, unsweetened	0.13	0.04
18088	Cake, angelfood, dry mix, prepared	0.13	0.07
03098	Babyfood, vegetables, beets, strained	0.12	0.07
03161	Babyfood, peaches, dices, toddler	0.12	0.03
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	0.12	
06010	Soup, cream of celery, canned, condensed	0.12	0.11
06046	Soup, cream of onion, canned, condensed	0.12	0.11
06964	Soup, tomato, low sodium, with water	0.12	0.08
09059	Breadfruit, raw	0.12	0.08
09060	Carambola, (starfruit), raw	0.12	0.14
09090	Figs, canned, water pack, solids and liquids	0.12	0.11
09107	Gooseberries, raw	0.12	0.07
09190	Mulberries, raw	0.12	0.06
09266	Pineapple, raw, all varieties	0.12	0.11

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
09267	Pineapple, canned, water pack, solids and liquids	0.12	0.10
09269	Pineapple, canned, light syrup pack, solids and liquids	0.12	0.10
09270	Pineapple, canned, heavy syrup pack, solids and liquids	0.12	0.10
09287	Prickly pears, raw	0.12	0.08
09353	Blueberries, wild, canned, heavy syrup, drained	0.12	
09430	Pineapple, raw, extra sweet variety	0.12	0.11
11210	Eggplant, cooked, boiled, drained, without salt	0.12	0.06
11226	Jerusalem-artichokes, raw	0.12	0.14
11246	Leeks, (bulb and lower leaf-portion), raw	0.12	
11289	Onions, frozen, whole, unprepared	0.12	0.05
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	0.12	0.06
11436	Rutabagas, cooked, boiled, drained, without salt	0.12	0.03
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	0.12	0.04
11531	Tomatoes, red, ripe, canned, packed in tomato juice	0.12	0.05
11565	Turnips, cooked, boiled, drained, without salt	0.12	0.00
11578	Vegetable juice cocktail, canned	0.12	0.07
11585	Vegetable juice cocktail, low sodium, canned	0.12	0.07
11783	Eggplant, cooked, boiled, drained, with salt	0.12	0.06
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	0.12	0.06
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	0.12	0.06
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	0.12	0.06
11851	Rutabagas, cooked, boiled, drained, with salt	0.12	0.03
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	0.12	0.04
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	0.12	0.05
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	0.12	0.03
14106	Alcoholic beverage, wine, table, white	0.12	0.00
14160	Alcoholic beverage, wine, table, white, Chardonnay	0.12	0.00
14262	Beverages, citrus fruit juice drink, frozen concentrate	0.12	0.10
14277	Beverages, grape drink, canned	0.12	0.01
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	0.12	0.32
16120	Soymilk, original and vanilla, unfortified	0.12	0.13
19383	Candies, toffee, prepared-from-recipe	0.12	0.00
20068	Tapioca, pearl, dry	0.12	0.02
20115	Noodles, japanese, soba, cooked	0.12	0.01
21416	POPEYES, Coleslaw	0.12	0.01
22931	SPAGHETTIOS, SpaghettiOs Original	0.12	

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
22932	SPAGHETTIOS, SpaghettiOs A to Z's	0.12	
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	0.12	
27002	Soup, wonton, Chinese restaurant	0.12	0.02
27049	Sauce, tartar, ready-to-serve	0.12	0.02
27058	Sauce, barbecue, OPEN PIT, original	0.12	0.02
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	0.12	
43004	Babyfood, dessert, banana pudding, strained	0.12	0.04
19085	Candies, confectioner's coating, butterscotch	0.11	0.00
19243	Candies, HEATH BITES	0.11	0.03
19387	Frozen novelties, ice type, pineapple-coconut	0.11	0.04
43015	Salad dressing, caesar dressing, regular	0.11	0.01
43021	Salad dressing, caesar, low calorie	0.11	0.01
43355	Mayonnaise, low sodium, low calorie or diet	0.11	0.00
43523	Babyfood, mixed fruit yogurt, strained	0.11	0.02
02050	Vanilla extract	0.11	0.07
03109	Babyfood, vegetables, sweet potatoes, junior	0.11	0.10
03130	Babyfood, fruit, peaches, strained	0.11	0.03
03131	Babyfood, fruit, peaches, junior	0.11	0.03
04002	Lard	0.11	0.00
04027	Salad dressing, mayonnaise, imitation, soybean	0.11	0.01
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	0.11	0.00
04609	Animal fat, bacon grease	0.11	0.00
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	0.11	
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	0.11	
06043	Soup, cream of mushroom, canned, condensed	0.11	0.02
06168	Sauce, ready-to-serve, pepper or hot	0.11	0.03
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	0.11	0.02
06423	Soup, chicken with rice, canned, prepared with equal volume water	0.11	0.05
09022	Apricots, canned, water pack, with skin, solids and liquids	0.11	0.08
09023	Apricots, canned, water pack, without skin, solids and liquids	0.11	0.07
09024	Apricots, canned, juice pack, with skin, solids and liquids	0.11	0.05
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	0.11	0.08
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	0.11	0.08
09088	Elderberries, raw	0.11	0.06
09091	Figs, canned, light syrup pack, solids and liquids	0.11	0.11
09092	Figs, canned, heavy syrup pack, solids and liquids	0.11	0.11

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
09093	Figs, canned, extra heavy syrup pack, solids and liquids	0.11	0.10
09109	Gooseberries, canned, light syrup pack, solids and liquids	0.11	0.22
09129	Grapes, muscadine, raw	0.11	0.12
09159	Limes, raw	0.11	0.06
09205	Oranges, raw, with peel	0.11	0.06
09238	Peaches, canned, juice pack, solids and liquids	0.11	0.05
09263	Persimmons, japanese, raw	0.11	0.11
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	0.11	0.10
09272	Pineapple, frozen, chunks, sweetened	0.11	0.10
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	0.11	0.07
09282	Plums, canned, purple, juice pack, solids and liquids	0.11	0.05
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	0.11	0.08
09357	Apricots, canned, heavy syrup, drained	0.11	0.10
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	0.11	0.07
09420	Jackfruit, canned, syrup pack	0.11	0.05
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	0.11	0.03
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	0.11	0.05
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	0.11	0.05
11540	Tomato juice, canned, with salt added	0.11	0.04
11591	Watercress, raw	0.11	0.08
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	0.11	0.05
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	0.11	0.05
11886	Tomato juice, canned, without salt added	0.11	0.04
11958	Pickle relish, hamburger	0.11	0.08
14056	Beverages, Acai berry drink, fortified	0.11	0.08
14218	Beverages, coffee, instant, decaffeinated, powder	0.11	0.07
14253	Alcoholic beverages, wine, rose	0.11	0.00
01173	Egg, white, dried	0.10	0.11
02047	Salt, table	0.10	0.03
03093	Babyfood, green beans, dices, toddler	0.10	0.03
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	0.10	0.06
03154	Babyfood, fruit and vegetable, apple and sweet potato	0.10	0.09
03163	Babyfood, fruit, bananas with apples and pears, strained	0.10	0.08
04016	Salad dressing, sesame seed dressing, regular	0.10	0.00
04022	Salad dressing, russian dressing, low calorie	0.10	0.01
04367	Salad dressing, french dressing, fat-free	0.10	0.12

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	0.10	0.00
06112	Sauce, teriyaki, ready-to-serve	0.10	
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	0.10	
06413	Soup, chicken broth, canned, prepared with equal volume water	0.10	0.05
06963	Fish broth	0.10	0.05
06970	Soup, chicken broth, low sodium, canned	0.10	0.05
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	0.10	0.25
09001	Acerola, (west indian cherry), raw	0.10	0.09
09002	Acerola juice, raw	0.10	0.09
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	0.10	0.06
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	0.10	0.06
09035	Apricots, frozen, sweetened	0.10	0.06
09063	Cherries, sour, red, raw	0.10	0.10
09068	Cherries, sour, red, frozen, unsweetened	0.10	0.09
09072	Cherries, sweet, canned, juice pack, solids and liquids	0.10	0.07
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	0.10	0.14
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	0.10	0.14
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	0.10	0.14
09079	Cranberries, dried, sweetened	0.10	0.06
09175	Mammy-apple, (mamey), raw	0.10	0.09
09231	Passion-fruit, (granadilla), purple, raw	0.10	0.09
09252	Pears, raw	0.10	0.08
09268	Pineapple, canned, juice pack, solids and liquids	0.10	0.09
09279	Plums, raw	0.10	0.06
09307	Rhubarb, raw	0.10	0.02
09309	Rhubarb, frozen, uncooked	0.10	0.02
09313	Sapodilla, raw	0.10	0.09
09315	Soursop, raw	0.10	0.09
09321	Sugar-apples, (sweetsop), raw	0.10	0.09
09322	Tamarinds, raw	0.10	0.09
09326	Watermelon, raw	0.10	0.04
09354	Pineapple, canned, juice pack, drained	0.10	0.11
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	0.10	0.18
09415	Pears, raw, green anjou	0.10	0.08
09450	Naranjilla (lulo) pulp, frozen, unsweetened	0.10	0.03
11417	Pumpkin flowers, cooked, boiled, drained, without salt	0.10	

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	0.10	0.05
11526	Taro, tahitian, cooked, without salt	0.10	0.08
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	0.10	
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	0.10	0.05
11881	Taro, tahitian, cooked, with salt	0.10	0.08
11937	Pickles, cucumber, dill or kosher dill	0.10	0.03
11947	Pickles, cucumber, dill, reduced sodium	0.10	0.03
12119	Nuts, coconut water (liquid from coconuts)	0.10	0.04
14121	Beverages, carbonated, club soda	0.10	0.01
14150	Beverages, carbonated, orange	0.10	0.02
14155	Beverages, carbonated, tonic water	0.10	0.01
14287	Beverages, Lemonade, powder	0.10	0.04
14548	Beverages, tea, instant, lemon, with added ascorbic acid	0.10	0.02
15162	Mollusks, clam, mixed species, canned, liquid	0.10	0.39
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	0.10	
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	0.10	0.12
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	0.10	0.20
16585	GARDENBURGER Sun-Dried Tomato Basil Burger, frozen, unprepared	0.10	
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	0.10	0.00
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	0.10	0.01
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	0.10	
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	0.10	
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	0.10	
28036	GIRL SCOUTS, Trefoils Cookies	0.10	
28076	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate	0.10	
28077	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies	0.10	
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	0.10	
28118	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Grahams Cookies	0.10	
28148	KEEBLER, TOWN HOUSE, Wheat Crackers	0.10	
42135	Whipped topping, frozen, low fat	0.10	0.01
43382	Cranberry juice, unsweetened	0.10	0.06
43543	Milk, imitation, non-soy	0.10	0.02
44158	Pie fillings, blueberry, canned	0.10	0.11
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	0.10	0.04
18323	Pie, peach	0.09	0.05
19070	Candies, butterscotch	0.09	0.00

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
19109	Candies, KIT KAT Wafer Bar	0.09	0.22
19320	Puddings, banana, dry mix, regular	0.09	0.02
19384	Candies, divinity, prepared-from-recipe	0.09	0.00
19706	Puddings, banana, dry mix, regular, with added oil	0.09	0.02
19710	Puddings, vanilla, dry mix, regular, with added oil	0.09	0.02
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	0.09	0.04
27000	Soup, egg drop, Chinese restaurant	0.09	0.02
27050	Sauce, sweet and sour, ready-to-serve	0.09	0.08
27063	Sauce, enchilada, red, mild, ready to serve	0.09	0.03
31034	Peppers, hot pickled, canned	0.09	0.04
35206	Plums, wild (Northern Plains Indians)	0.09	0.04
44018	Sweeteners, tabletop, fructose, liquid	0.09	0.04
01001	Butter, salted	0.09	0.00
01145	Butter, without salt	0.09	0.02
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	0.09	0.06
03141	Babyfood, pears, dices, toddler	0.09	0.04
03176	Babyfood, juice, orange and banana	0.09	0.04
04635	Salad dressing, thousand island dressing, fat-free	0.09	0.18
06080	Soup, chicken broth or bouillon, dry	0.09	0.00
06176	Sauce, oyster, ready-to-serve	0.09	0.15
06559	Soup, tomato, canned, prepared with equal volume water, commercial	0.09	0.03
06981	Soup, bouillon cubes and granules, low sodium, dry	0.09	0.00
06999	Gravy, CAMPBELL'S, chicken	0.09	0.02
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	0.09	0.00
09036	Apricot nectar, canned, without added ascorbic acid	0.09	0.07
09078	Cranberries, raw	0.09	0.06
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	0.09	0.07
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	0.09	0.06
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	0.09	0.07
09119	Grapefruit, sections, canned, water pack, solids and liquids	0.09	0.07
09176	Mangos, raw	0.09	0.11
09184	Melons, honeydew, raw	0.09	0.02
09237	Peaches, canned, water pack, solids and liquids	0.09	0.05
09239	Peaches, canned, extra light syrup, solids and liquids	0.09	0.05
09240	Peaches, canned, light syrup pack, solids and liquids	0.09	0.05
09241	Peaches, canned, heavy syrup pack, solids and liquids	0.09	0.05

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	0.09	0.05
09253	Pears, canned, water pack, solids and liquids	0.09	0.05
09254	Pears, canned, juice pack, solids and liquids	0.09	0.05
09317	Strawberries, canned, heavy syrup pack, solids and liquids	0.09	0.06
09352	Blueberries, canned, light syrup, drained	0.09	0.05
09370	Peaches, canned, heavy syrup, drained	0.09	0.06
09403	Apricot nectar, canned, with added ascorbic acid	0.09	0.07
09442	Pomegranate juice, bottled	0.09	0.02
09449	Nance, frozen, unsweetened	0.09	0.04
09523	Lemon juice from concentrate, bottled, CONCORD	0.09	0.02
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	0.09	0.02
11525	Taro, tahitian, raw	0.09	0.07
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	0.09	0.02
11980	Peppers, chili, green, canned	0.09	
14148	Beverages, carbonated, cola, regular	0.09	0.01
01070	Dessert topping, powdered	0.08	0.12
02069	Vinegar, balsamic	0.08	0.03
03132	Babyfood, fruit, pears, strained	0.08	0.06
03133	Babyfood, fruit, pears, junior	0.08	
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	0.08	0.04
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	0.08	0.04
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	0.08	0.05
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	0.08	0.00
06119	Gravy, chicken, canned or bottled, ready-to-serve	0.08	0.02
06183	Soup, chicken broth, less/reduced sodium, ready to serve	0.08	0.04
06210	Soup, cream of celery, canned, prepared with equal volume milk	0.08	0.06
06528	Soup, chicken noodle, dry, mix, prepared with water	0.08	0.01
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	0.08	0.04
09071	Cherries, sweet, canned, water pack, solids and liquids	0.08	0.08
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	0.08	0.10
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	0.08	0.07
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	0.08	0.07
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	0.08	0.07
09120	Grapefruit, sections, canned, juice pack, solids and liquids	0.08	0.04
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	0.08	0.07
09123	Grapefruit juice, white, canned or bottled, unsweetened	0.08	0.03

09160 Lime juice, raw 09202 Oranges, raw, navels 09203 Oranges, raw, Florida 09226 Papayas, raw	0.08 0.08 0.08 0.08 0.08 0.08	0.03 0.04 0.04 0.04 0.10
09203 Oranges, raw, Florida	0.08 0.08 0.08 0.08	0.04 0.04 0.10
	0.08 0.08 0.08 0.08	0.04 0.10
09226 Papayas, raw	0.08 0.08 0.08	0.10
	0.08 0.08	
Peaches, spiced, canned, heavy syrup pack, solids and liquids	0.08	0.07
Peach nectar, canned, without added ascorbic acid		
Pears, canned, light syrup pack, solids and liquids		0.05
Pears, canned, heavy syrup pack, solids and liquids	0.08	0.05
Pears, canned, extra heavy syrup pack, solids and liquids	0.08	0.05
Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	0.08	0.04
Plums, canned, purple, water pack, solids and liquids	0.08	0.04
09283 Plums, canned, purple, light syrup pack, solids and liquids	0.08	0.04
09295 Pummelo, raw	0.08	0.05
09301 Rambutan, canned, syrup pack	0.08	0.07
09310 Rhubarb, frozen, cooked, with sugar	0.08	0.03
09351 Fruit cocktail, canned, heavy syrup, drained	0.08	0.09
Pears, canned, heavy syrup, drained	0.08	0.06
Peach nectar, canned, with added ascorbic acid	0.08	0.07
09412 Pears, raw, bartlett	0.08	0.08
O9416 Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	0.08	0.03
09429 Pineapple, raw, traditional varieties	0.08	0.08
69515 Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	0.08	0.05
09520 Kiwifruit, ZESPRI SunGold, raw	0.08	0.15
99530 Fruit juice smoothie, ODWALLA, strawberry banana	0.08	0.04
Fruit juice smoothie, NAKED JUICE, strawberry banana	0.08	0.04
Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	0.08	0.10
Beverages, Carob-flavor beverage mix, powder	0.08	0.06
Beverages, Clam and tomato juice, canned	0.08	0.03
14252 Beverages, Malt liquor beverage	0.08	0.00
Beverages, Wine, non-alcoholic	0.08	0.01
19129 Syrups, table blends, pancake	0.08	0.00
19198 Puddings, tapioca, dry mix	0.08	0.03
19709 Puddings, tapioca, dry mix, with no added salt	0.08	0.03
Sweeteners, for baking, brown, contains sugar and sucralose	0.08	0.08
21315 McDONALD'S, Sweet 'N Sour Sauce	0.08	0.04
27061 Gravy, HEINZ Home Style, classic chicken	0.08	0.02

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	0.08	0.03
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	0.08	0.03
42266	Babyfood, juice, apple-sweet potato	0.08	0.03
43154	Alcoholic beverage, wine, cooking	0.08	0.01
43155	Alcoholic beverage, wine, light	0.08	0.01
43408	Babyfood, juice, pear	0.08	0.06
43585	Babyfood, fruit supreme dessert	0.08	0.04
19230	Frostings, vanilla, creamy, ready-to-eat	0.07	0.00
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	0.07	0.01
19422	Snacks, potato chips, reduced fat	0.07	0.60
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	0.07	1.02
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	0.07	1.02
19856	Frozen novelties, juice type, POPSICLE SCRIBBLERS	0.07	0.00
20003	Arrowroot flour	0.07	0.04
42231	Oil, flaxseed, cold pressed	0.07	0.00
42267	Babyfood, juice, orange-carrot	0.07	0.04
43027	Jellies, no sugar (with sodium saccharin), any flavors	0.07	0.03
43098	Pie fillings, cherry, low calorie	0.07	0.08
01069	Cream substitute, powdered	0.07	0.02
01172	Egg, white, raw, frozen, pasteurized	0.07	0.03
03158	Babyfood, fruit, pears and pineapple, strained	0.07	0.14
03280	Babyfood, fruit, bananas with tapioca, junior	0.07	0.05
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	0.07	0.02
04018	Salad dressing, mayonnaise type, regular, with salt	0.07	0.02
04114	Salad dressing, italian dressing, commercial, regular	0.07	0.02
04631	Margarine-like, vegetable oil spread, fat-free, tub	0.07	0.00
04641	Salad dressing, mayonnaise, light	0.07	0.02
04708	Mayonnaise, reduced fat, with olive oil	0.07	0.02
06194	Soup, chicken broth, ready-to-serve	0.07	0.02
06195	CAMPBELL'S, HEALTHY REQUEST, cream of chicken soup, condensed	0.07	
06988	CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed	0.07	
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	0.07	
09052	Blueberries, canned, heavy syrup, solids and liquids	0.07	0.05
09054	Blueberries, frozen, unsweetened	0.07	0.03
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	0.07	
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	0.07	0.07

10070 Cherries, weeker, inw 0.07 0.06 10114 Print salad, (peach and paer and aprical and princapple and cherry), canned, havy synny, solids and liquids 0.07 0.06 07110 Print salad, (peach and paer and aprical and princapple and cherry), canned, extra beavy synny, solids and liquids 0.07 0.06 07112 Caparfinit, awe, pink and roll and solidies all asteras 0.07 0.08 07112 Caparfinit, awe, pink and roll, all areas 0.07 0.08 07113 Caparfinit, awe, pink and roll, California and Astrona 0.07 0.08 07114 Caparfinit, awe, pink and roll, California and Astrona 0.07 0.05 07116 Caparfinit, awe, which, all across 0.07 0.05 07117 Caparfinit, awe, which, all across 0.07 0.05 07118 Caparfinit, awe, which, all across 0.07 0.05 0719 Caparfinit, awe, which, Plorida 0.07 0.05 0710 Caparfinit, awe, which, Plorida 0.07 0.05 0711 Caparfinit, awe, which and solid ascorbic acid 0.07 0.01 0712	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
09/105 Proti sabals, (peach and percar and princappe and cherry), canned, bearry syrup, solids and liquids 1007 0.006 09/106 Four sabals, (peach and peac and apiect and pincappel and cherry), canned, carra heavy syrup, solids and liquids 0.07 0.005 09/11 Gingefruit, ruse, juits, and red and white, all areas 0.07 0.03 09/13 Gingefruit, ruse, juits, and red, all areas 0.07 0.03 09/14 Gingefruit, ruse, juits, and red, all areas 0.07 0.03 09/15 Gingefruit, ruse, white, all areas 0.07 0.03 09/16 Gingefruit, ruse, white, all areas 0.07 0.03 09/17 Gingefruit, ruse, white, all areas 0.07 0.03 09/18 Gingefruit, ruse, white, all areas 0.07 0.03 09/18 Gingefruit, ruse, white, all areas 0.07 0.01 09/18 Ginges juice, canned o	09070	Cherries, sweet, raw	0.07	0.06
9016 Fusic salad, (peach and pair and aprieon and princepple and cherry), canned, extra heavy syrup, solids and liquidis. 0.07 0.08 0111 Grapefruit, raw, pink and red, all areas 0.07 0.08 0113 Grapefruit, raw, pink and red, all areas 0.07 0.03 09113 Grapefruit, raw, pink and red, California and Arizona 0.07 0.03 09114 Grapefruit, raw, pink and red, California 0.07 0.00 09115 Grapefruit, raw, pink and red, California 0.07 0.00 09116 Grapefruit, raw, pink and red, California 0.07 0.00 09117 Grapefruit, raw, pink and red, California 0.07 0.00 09118 Grapefruit, raw, pink and red, all areas 0.07 0.00 09118 Grapefruit, raw, pink and red, all areas 0.07 0.00 0918 Grapefruit, raw, pink and red, all areas 0.07 0.00 0918 Grapefruit, raw, pink and red, all areas 0.07 0.01 0918 Grape fruit, raise and red, all areas 0.07 0.01 0918 Lichtis, raw 0.07	09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	0.07	0.06
9911 Grapefruit, raw, piak and red and white, all areas 0.07 0.08 9012 Grapefruit, raw, piak and red, all areas 0.07 0.03 9013 Grapefruit, raw, piak and red, California and Arizona 0.07 0.03 9014 Grapefruit, raw, white, all areas 0.07 0.00 9116 Grapefruit, raw, white, California 0.07 0.05 9117 Grapefruit, raw, white, California 0.07 0.05 9118 Grapefruit, raw, white, California 0.07 0.06 9121 Grapefruit, raw, white, California 0.07 0.06 9132 Grape, Longe, canned or bortled, unweetened, with added ascerbic acid 0.07 0.01 9122 Grape, inice, canned or bortled, unweetened, without added ascerbic acid 0.07 0.01 9124 Litchis, raw 0.07 0.01 9125 Grape juice, chiled, inclused from concentrate, with added ascerbic acid 0.07 0.01 9126 Orange, include, inclused from concentrate, with added ascerbic acid 0.07 0.01 9221 Orange juice, chilled, inclused from concentrate, with ad	09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	0.07	0.06
69112 Grupefrait, raw, pink and red, clilfornia and Arizona 0.07 0.03 69113 Grupefrait, raw, pink and red, California and Arizona 0.07 0.03 9114 Grupefrait, raw, pink and red, Florida 0.07 0.03 9117 Grupefrait, raw, white, California 0.07 0.03 9118 Grupefrait, raw, white, California 0.07 0.06 9118 Grupefrait, raw, white, Edirdia 0.07 0.06 9118 Grupe jaine, canned or bottled, insweetened, with added accorbic acid 0.07 0.02 9122 Grupes, earned or bottled, insweetened, with added accorbic acid 0.07 0.13 9134 Grupe, jaine, canned or bottled, insweetened, with added accorbic acid 0.07 0.01 914 Litchis, raw 0.07 0.01 915 Grupe, jaine, canned or bottled, insweetened, with added accorbic acid 0.07 0.02 916 Litchis, raw 0.07 0.01 917 Orange, jaine, chilled, includes from concentrate. 0.07 0.01 9201 Orange, jaine, chilled, includes from concentrate. 0.07 </td <td>09106</td> <td>Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids</td> <td>0.07</td> <td>0.06</td>	09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	0.07	0.06
9913 Grapefruit, raw, piak and red., California and Arizona 0.07 0.03 9914 Grapefruit, raw, piak and red., Florida 0.07 0.05 9017 Grapefruit, raw, white, California 0.07 0.05 9018 Grapefruit, raw, white, Claifornia 0.07 0.06 9019 Grape juice, canader ob bottled, unsweetened, with added accorbic acid 0.07 0.01 9012 Grape, red or green Gurupean type, such as Thompson seedless), raw 0.07 0.01 9013 Grape juice, canned or bottled, unsweetened, with added accorbic acid 0.07 0.01 9014 Litchis, raw 0.07 0.02 9015 Grape juice, canned or bottled, unsweetened, without added accorbic acid 0.07 0.02 9014 Litchis, raw 0.07 0.02 9029 Orange, raw, all commercial varieties 0.07 0.04 90210 Orange, juice, chilled, includes from concentrate, with added calcium and vitamin D 0.07 0.04 90211 Orange juice, chilled, includes from concentrate, with added calcium and vitamin D 0.07 0.04 90212	09111	Grapefruit, raw, pink and red and white, all areas	0.07	0.05
69114 Grapefruit raw, pink and red. Florida 0.00 09116 Grapefruit raw, white, all areas 0.07 0.05 9917 Grapefruit, raw, white, California 0.07 0.05 9918 Grapefruit, raw, white, Florida 0.07 0.06 9120 Grapefruit, raw, white, Florida 0.07 0.06 9121 Grape fruit, raw, white, Florida 0.07 0.06 9122 Grape, rice, camed or bortled, unweetened, with added ascerbic acid 0.07 0.01 9125 Grape, ince, camed or bortled, unweetened, without added ascerbic acid 0.07 0.01 9126 Litchis, raw 0.07 0.01 9128 McIons, casaba, raw 0.07 0.06 9020 Orage, juck, all commercial varieties 0.07 0.06 9021 Orage, juck, all led, includes from concentrate, with added calcium and viramin D 0.07 0.04 9021 Orage, juck, chilled, includes from concentrate, with added calcium and viramin D 0.07 0.07 9021 Orage, juck, chilled, includes from concentrate, with added acid in and viramin D 0.07 <	09112	Grapefruit, raw, pink and red, all areas	0.07	0.03
09116 Grapefruit, raw, white, all areas 0.07 0.08 09117 Grapefruit, raw, white, Editoria 0.07 0.03 09118 Grapefruit, raw, white, Editoria 0.07 0.03 09120 Grapes juice, canned or bortled, unsweetened, with added ascorbic acid 0.07 0.013 09132 Grapes, red or green (European type, such as Thompson seedless), raw 0.07 0.013 09135 Grapes, red or green (European type, such as Thompson seedless), raw 0.07 0.013 09134 Lichis, raw 0.07 0.012 09164 Lichis, raw 0.07 0.012 09183 Melons, cansda, raw 0.07 0.016 09200 Oranges, raw, all commercial varieties 0.07 0.04 09201 Orange juice, chilled, includes from concentrate, with added calcium 0.07 0.04 09210 Orange juice, chilled, includes from concentrate, with added calcium 0.07 0.04 09211 Orange juice, chilled, includes from concentrate, with added calcium 0.07 0.08 09212 Paur, canned, extra lught syrup pack, solids and liquids	09113	Grapefruit, raw, pink and red, California and Arizona	0.07	0.03
69117 Grapefruit, raw, white, California 0.00 69118 Grapefruit, raw, white, Florida 0.07 0.06 69130 Grape juice, canned or bottled, unsweetened, with added scorbic acid 0.07 0.03 69132 Grapes, red or green (Furropean type, such as Thompson scodless), raw 0.07 0.13 69135 Grape juice, canned or bottled, unsweetened, without added ascorbic acid 0.07 0.13 91436 Lichis, raw 0.07 0.15 91831 Melous, casaba, raw 0.07 0.01 92020 Orange, raw, all commercial varieties 0.07 0.04 92031 Orange juice, chilled, includes from concentrate, with added calcium and vitamin D 0.07 0.04 9211 Orange juice, chilled, includes from concentrate, with added calcium and vitamin D 0.07 0.04 9211 Orange juice, chilled, includes from concentrate, with added calcium and vitamin D 0.07 0.04 9212 Orange juice, chilled, includes from concentrate, with added calcium and vitamin D 0.07 0.07 9213 Orange juice, chilled, includes from concentrate, with added calcium and vitamin Apple 0.07<	09114	Grapefruit, raw, pink and red, Florida	0.07	0.04
09118 Grapefruit, raw, white, Florida 0.07 0.06 09130 Grape juice, camed or bottled, unsweetened, with added ascorbic acid 0.07 0.02 09132 Grapes, red or green (European types, such as Thompson seedless), raw 0.07 0.013 09153 Grape; luice, camed or bottled, unsweetened, without added ascorbic acid 0.07 0.015 09164 Litchis, raw 0.07 0.05 09183 Melonsc, casaba, raw 0.07 0.04 09200 Oranges, ruw, all commercial varieties 0.07 0.04 09201 Orange, juice, chilled, includes from concentrate 0.07 0.04 09210 Orange juice, chilled, includes from concentrate, with added calcium and vitamin D 0.07 0.04 09211 Orange gruper, chilled, includes from concentrate, with added calcium 0.07 0.04 09212 Orange-gruperfuit juice, canned, or whether the parties, chilled, includes from concentrate, with added calcium 0.07 0.04 09213 Para, canned, cutra light syrup pack, solids and liquids 0.07 0.07 09224 Pear, canned, witun added ascorbic acid 0.07	09116	Grapefruit, raw, white, all areas	0.07	0.05
09130 Grape juice, canned or bottled, unsweetened, with added ascorbic acid 0.07 0.02 09132 Grapes, red or green (European type, such as Thompson seedless), raw 0.07 0.13 09135 Grape juice, canned or bottled, unsweetened, without added ascorbic acid 0.07 0.02 09144 Lichis, raw 0.07 0.04 09203 Melons, casuba, raw 0.07 0.04 09204 Orange, raw, all commercial varieties 0.07 0.04 09205 Orange juice, chilled, includes from concentrate 0.07 0.04 09210 Orange juice, chilled, includes from concentrate, with added calcium and vitamin D 0.07 0.04 09211 Orange juice, chilled, includes from concentrate, with added calcium 0.07 0.04 09212 Orange juice, chilled, includes from concentrate, with added calcium 0.07 0.04 09213 Tagerines, (unadarin oranges), raw 0.07 0.08 09214 Tagerines, (unadarin oranges), raw 0.07 0.04 09215 Pears, canned, extra light syrup pack, solids and liquids 0.07 0.07 0926	09117	Grapefruit, raw, white, California	0.07	0.03
09132 Grapes, red or green (European type, such as Thompson seedless), raw 0.07 0.13 09135 Grape juice, canned or bottled, unsweetened, without added ascorbic acid 0.07 0.02 09164 Litchis, raw 0.07 0.05 09183 Melons, casabs, raw 0.07 0.04 09200 Oranges, taw, all commercial varieties 0.07 0.04 09210 Orange juice, chilled, includes from concentrate, with added calcium and vitamin D 0.07 0.04 09211 Orange juice, chilled, includes from concentrate, with added calcium 0.07 0.04 09212 Orange-grapfruit juice, canned or bottled, unsweetened 0.07 0.04 09213 Tangerines, (mandarin oranges), raw 0.07 0.04 09218 Tangerines, (mandarin oranges), raw 0.07 0.04 09252 Pears canned, extra light syrup pack, solids and liquids 0.07 0.07 09262 Pears canned, without added ascorbic acid 0.07 0.04 09284 Plums, canned, purple, heavy syrup pack, solids and liquids 0.07 0.04 09285 Plums, ca	09118	Grapefruit, raw, white, Florida	0.07	0.06
99135 Grape juice, canned or bottled, unsweetened, without added ascorbic acid 0.07 0.02 99164 Litchis, raw 0.07 0.15 91838 Melons, casaba, raw 0.07 0.06 99200 Oranges, raw, all commercial varieties 0.07 0.04 99210 Orange, juice, chilled, includes from concentrate, with added calcium and vitamin D 0.07 0.04 99211 Orange, juice, chilled, includes from concentrate, with added calcium 0.07 0.04 99212 Orange, grapefruit, juice, canned or bottled, unsweetened 0.07 0.08 99218 Tangerines, (mandarin oranges), raw 0.07 0.08 99218 Tangerines, (manded without added ascorbic acid 0.07 0.08 99218 Tangerines, (manded, without added ascorbic acid 0.07 0.07 99252 Pear, neaned, extra light syrup pack, solids and liquids 0.07 0.07 99284 Plums, canned, purple, heavy syrup pack, solids and liquids 0.07 0.04 99285 Plums, canned, purple, extra heavy syrup pack, solids and liquids 0.07 0.07 99379	09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	0.07	0.02
09164 Litchis, raw 0.07 0.18 09183 Melons, casaba, raw 0.07 0.06 09200 Oranges, raw, all commercial varieties 0.07 0.04 09200 Orange juice, chilled, includes from concentrate 0.07 0.04 09210 Orange juice, chilled, includes from concentrate, with added calcium and vitamin D 0.07 0.04 09211 Orange juice, chilled, includes from concentrate, with added calcium 0.07 0.08 09212 Orange juice, chilled, includes from concentrate, with added calcium 0.07 0.08 09213 Orange juice, chilled, includes from concentrate, with added accium 0.07 0.08 09214 Orange juice, chilled, includes from concentrate, with added accium 0.07 0.08 09215 Paars, canned, funadrin oranges), raw 0.07 0.07 0925 Pear nectra, canned, with syrup pack, solids and liquids 0.07 0.07 09284 Plums, canned, purple, keavy syrup pack, solids and liquids 0.07 0.07 09360 Cherries, sour, canned, water pack, drained 0.07 0.07 094048 </td <td>09132</td> <td>Grapes, red or green (European type, such as Thompson seedless), raw</td> <td>0.07</td> <td>0.13</td>	09132	Grapes, red or green (European type, such as Thompson seedless), raw	0.07	0.13
09183 Melons, casaba, raw 0.00 0.00 09200 Oranges, raw, all commercial varieties 0.07 0.04 09209 Orange juice, chilled, includes from concentrate 0.07 0.04 09210 Orange juice, chilled, includes from concentrate, with added calcium and vitamin D 0.07 0.04 09211 Orange juice, chilled, includes from concentrate, with added calcium 0.07 0.08 09217 Orange-grapefruit juice, canned or bottled, unsweetened 0.07 0.08 09218 Tangerines, (mandarin oranges), raw 0.07 0.04 09255 Pears, canned, extra light syrup pack, solids and liquids 0.07 0.07 09262 Pear nectar, canned, without added ascorbic acid 0.07 0.04 09284 Pluns, canned, purple, heavy syrup pack, solids and liquids 0.07 0.04 09285 Pluns, canned, wither pack, drained 0.07 0.04 09362 Cherries, sour, canned, with added ascorbic acid 0.07 0.07 09379 Pluns, canned, beavy syrup, drained 0.07 0.07 09408 Pear nectar, canned,	09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	0.07	0.02
09200 Oranges, raw, all commercial varieties 0.07 0.04 09209 Orange juice, chilled, includes from concentrate 0.07 0.04 09210 Orange juice, chilled, includes from concentrate, with added calcium 0.07 0.04 09211 Orange-grapefruit, juice, canned or bottled, unsweetened 0.07 0.08 09212 Orange-grapefruit, juice, canned or bottled, unsweetened 0.07 0.08 09218 Tangerines, (mandarin oranges), raw 0.07 0.04 09255 Pears, canned, extra light syrup pack, solids and liquids 0.07 0.07 09262 Pear nectar, canned, without added ascorbic acid 0.07 0.04 09284 Plums, canned, purple, heavy syrup pack, solids and liquids 0.07 0.04 09362 Cherries, sour, canned, water pack, drained 0.07 0.04 09379 Plums, canned, beary syrup, drained 0.07 0.05 09408 Pear nectar, canned, with added ascorbic acid 0.07 0.07 09510 Orange juice, canned or bottled, unsweetened, with added ascorbic acid and calcium 0.07 0.04 0	09164	Litchis, raw	0.07	0.15
09209 Orange juice, chilled, includes from concentrate 0.04 09210 Orange juice, chilled, includes from concentrate, with added calcium 0.07 0.04 09211 Orange juice, chilled, includes from concentrate, with added calcium 0.07 0.04 09217 Orange-grapefruit juice, canned or bottled, unsweetened 0.07 0.08 09218 Tangerines, (mandarin oranges), raw 0.07 0.04 09255 Pears, canned, extra light syrup pack, solids and liquids 0.07 0.07 09262 Pear nectar, canned, without added ascorbic acid 0.07 0.07 09284 Plums, canned, purple, extra heavy syrup pack, solids and liquids 0.07 0.04 09285 Plums, canned, purple, extra heavy syrup pack, solids and liquids 0.07 0.04 09362 Cherries, sour, canned, water pack, drained 0.07 0.04 09379 Plums, canned, heavy syrup, drained 0.07 0.07 09408 Pear nectar, canned, with added ascorbic acid 0.07 0.07 09510 Orange juice, chilled, includes from concentrate, with added ascorbic acid and calcium 0.07 0.02 </td <td>09183</td> <td>Melons, casaba, raw</td> <td>0.07</td> <td>0.06</td>	09183	Melons, casaba, raw	0.07	0.06
09210 Orange Juice, chilled, includes from concentrate, with added calcium and vitamin D 0.07 0.04 09211 Orange juice, chilled, includes from concentrate, with added calcium 0.07 0.08 09217 Orange-grapefruit juice, canned or bottled, unsweetened 0.07 0.08 09218 Tangerines, (mandarin oranges), raw 0.07 0.04 09255 Pears, canned, extra light syrup pack, solids and liquids 0.07 0.07 09262 Pear nectar, canned, without added ascorbic acid 0.07 0.07 09284 Plums, canned, purple, heavy syrup pack, solids and liquids 0.07 0.04 09285 Plums, canned, purple, extra heavy syrup, pack, solids and liquids 0.07 0.04 09362 Cherries, sour, canned, with added ascorbic acid 0.07 0.07 09362 Cherries, sour, canned, water pack, drained 0.07 0.07 09379 Plums, canned, beavy syrup, drained 0.07 0.05 09408 Pear nectar, canned, with added ascorbic acid 0.07 0.07 09512 Grape juice, chilled, includes from concentrate, with added ascorbic acid and calcium 0.07 <td>09200</td> <td>Oranges, raw, all commercial varieties</td> <td>0.07</td> <td>0.04</td>	09200	Oranges, raw, all commercial varieties	0.07	0.04
09211 Orange juice, chilled, includes from concentrate, with added calcium 0.07 0.04 09217 Orange-grapefruit juice, canned or bottled, unsweetened 0.07 0.08 09218 Tangerines, (mandarin oranges), raw 0.07 0.04 09255 Pears, canned, extra light syrup pack, solids and liquids 0.07 0.07 09262 Pear nectar, canned, without added ascorbic acid 0.07 0.04 09284 Plums, canned, purple, heavy syrup pack, solids and liquids 0.07 0.04 09285 Plums, canned, purple, extra heavy syrup pack, solids and liquids 0.07 0.04 09362 Cherries, sour, canned, water pack, drained 0.07 0.05 09408 Para nectar, canned, with added ascorbic acid 0.07 0.07 09506 Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E 0.07 0.04 09512 Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium 0.07 0.04 09516 Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana 0.07 0.04 11287 Onions, frozen, chopped, unprepared <t< td=""><td>09209</td><td>Orange juice, chilled, includes from concentrate</td><td>0.07</td><td>0.04</td></t<>	09209	Orange juice, chilled, includes from concentrate	0.07	0.04
09217 Orange-grapefruit juice, canned or bottled, unsweetened 0.07 0.08 09218 Tangerines, (mandarin oranges), raw 0.07 0.04 09255 Pears, canned, extra light syrup pack, solids and liquids 0.07 0.07 09262 Pear nectar, canned, without added ascorbic acid 0.07 0.04 09284 Plums, canned, purple, heavy syrup pack, solids and liquids 0.07 0.04 09285 Plums, canned, water pack, drained 0.07 0.04 09362 Cherries, sour, canned, water pack, drained 0.07 0.05 09379 Plums, canned, heavy syrup, drained 0.07 0.05 09408 Pear nectar, canned, with added ascorbic acid 0.07 0.07 09506 Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E 0.07 0.04 09512 Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium 0.07 0.04 09516 Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana 0.07 0.04 11287 Onions, frozen, chopped, unprepared 0.07 0.02 11288 Onions, frozen, chopped, cooked, boiled, drained, without salt	09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	0.07	0.04
09218 Tangerines, (mandarin oranges), raw 0.07 0.04 09255 Pears, canned, extra light syrup pack, solids and liquids 0.07	09211	Orange juice, chilled, includes from concentrate, with added calcium	0.07	0.04
09255 Pears, canned, extra light syrup pack, solids and liquids 0.07 09262 Pear nectar, canned, without added ascorbic acid 0.07 0.07 09284 Plums, canned, purple, heavy syrup pack, solids and liquids 0.07 0.04 09285 Plums, canned, purple, extra heavy syrup pack, solids and liquids 0.07 0.04 09362 Cherries, sour, canned, water pack, drained 0.07 0.05 09379 Plums, canned, heavy syrup, drained 0.07 0.05 09408 Pear nectar, canned, with added ascorbic acid 0.07 0.07 09506 Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E 0.07 0.04 09512 Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium 0.07 0.02 09516 Fruit juice smoothic, BOLTHOUSE FARMS, strawberry banana 0.07 0.04 11220 Gourd, dishcloth (towelgourd), raw 0.07 0.04 11287 Onions, frozen, chopped, unprepared 0.07 0.02 11288 Onions, frozen, chopped, cooked, boiled, drained, without salt 0.07 0.02<	09217	Orange-grapefruit juice, canned or bottled, unsweetened	0.07	0.08
09262 Pear nectar, canned, without added ascorbic acid 0.07 0.07 09284 Plums, canned, purple, heavy syrup pack, solids and liquids 0.07 0.04 09285 Plums, canned, purple, extra heavy syrup pack, solids and liquids 0.07 0.04 09362 Cherries, sour, canned, water pack, drained 0.07 0.05 09379 Plums, canned, heavy syrup, drained 0.07 0.05 09408 Pear nectar, canned, with added ascorbic acid 0.07 0.07 09506 Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E 0.07 0.04 09512 Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium 0.07 0.02 09516 Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana 0.07 0.04 11220 Gourd, dishcloth (towelgourd), raw 0.07 0.04 11287 Onions, frozen, chopped, unprepared 0.07 0.02 11288 Onions, frozen, chopped, cooked, boiled, drained, without salt 0.07 0.02	09218	Tangerines, (mandarin oranges), raw	0.07	0.04
09284 Plums, canned, purple, heavy syrup pack, solids and liquids 0.07 0.04 09285 Plums, canned, purple, extra heavy syrup pack, solids and liquids 0.07 0.04 09362 Cherries, sour, canned, water pack, drained 0.07 09379 Plums, canned, heavy syrup, drained 0.07 0.05 09408 Pear nectar, canned, with added ascorbic acid 0.07 0.07 09506 Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E 0.07 0.04 09512 Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium 0.07 0.02 09516 Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana 0.07 0.04 11220 Gourd, dishcloth (towelgourd), raw 0.07 0.04 11287 Onions, frozen, chopped, unprepared 0.07 0.02 11288 Onions, frozen, chopped, cooked, boiled, drained, without salt 0.07 0.02	09255	Pears, canned, extra light syrup pack, solids and liquids	0.07	
09285 Plums, canned, purple, extra heavy syrup pack, solids and liquids 0.07 0.04 09362 Cherries, sour, canned, water pack, drained 0.07 09379 Plums, canned, heavy syrup, drained 0.07 0.05 09408 Pear nectar, canned, with added ascorbic acid 0.07 0.07 09506 Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E 0.07 0.04 09512 Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium 0.07 0.02 09516 Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana 0.07 0.04 11220 Gourd, dishcloth (towelgourd), raw 0.07 0.04 11287 Onions, frozen, chopped, unprepared 0.07 0.02 11288 Onions, frozen, chopped, cooked, boiled, drained, without salt 0.07 0.02	09262	Pear nectar, canned, without added ascorbic acid	0.07	0.07
Cherries, sour, canned, water pack, drained 0.07 09379 Plums, canned, heavy syrup, drained 0.07 0.05 09408 Pear nectar, canned, with added ascorbic acid 0.07 0.07 09506 Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E 0.07 0.04 09512 Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium 0.07 0.02 09516 Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana 0.07 0.04 11220 Gourd, dishcloth (towelgourd), raw 0.07 0.04 11287 Onions, frozen, chopped, unprepared 0.07 0.02 11288 Onions, frozen, chopped, cooked, boiled, drained, without salt 0.07 0.02	09284	Plums, canned, purple, heavy syrup pack, solids and liquids	0.07	0.04
Plums, canned, heavy syrup, drained 0.07 0.05 09408 Pear nectar, canned, with added ascorbic acid 0.07 0.07 09506 Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E 0.07 0.04 09512 Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium 0.07 0.02 09516 Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana 0.07 0.04 11220 Gourd, dishcloth (towelgourd), raw 0.07 0.04 11287 Onions, frozen, chopped, unprepared 0.07 0.02 11288 Onions, frozen, chopped, cooked, boiled, drained, without salt 0.07 0.02	09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	0.07	0.04
09408Pear nectar, canned, with added ascorbic acid0.070.0709506Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E0.070.0409512Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium0.070.0209516Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana0.070.0411220Gourd, dishcloth (towelgourd), raw0.070.0411287Onions, frozen, chopped, unprepared0.070.0211288Onions, frozen, chopped, cooked, boiled, drained, without salt0.070.02	09362	Cherries, sour, canned, water pack, drained	0.07	
09506Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E0.070.0409512Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium0.070.0209516Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana0.070.0411220Gourd, dishcloth (towelgourd), raw0.070.0411287Onions, frozen, chopped, unprepared0.070.0211288Onions, frozen, chopped, cooked, boiled, drained, without salt0.070.02	09379	Plums, canned, heavy syrup, drained	0.07	0.05
Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium 0.07 0.02 09516 Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana 11220 Gourd, dishcloth (towelgourd), raw 0.07 0.04 11287 Onions, frozen, chopped, unprepared 0.07 0.02 11288 Onions, frozen, chopped, cooked, boiled, drained, without salt 0.07 0.02	09408	Pear nectar, canned, with added ascorbic acid	0.07	0.07
Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana Gourd, dishcloth (towelgourd), raw Onions, frozen, chopped, unprepared Onions, frozen, chopped, cooked, boiled, drained, without salt Onions, frozen, chopped, cooked, boiled, drained, without salt Onions, frozen, chopped, cooked, boiled, drained, without salt	09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	0.07	0.04
11220Gourd, dishcloth (towelgourd), raw0.070.0411287Onions, frozen, chopped, unprepared0.070.0211288Onions, frozen, chopped, cooked, boiled, drained, without salt0.070.02	09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	0.07	0.02
11287 Onions, frozen, chopped, unprepared 0.07 0.02 11288 Onions, frozen, chopped, cooked, boiled, drained, without salt 0.07 0.02	09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	0.07	0.04
Onions, frozen, chopped, cooked, boiled, drained, without salt 0.07	11220	Gourd, dishcloth (towelgourd), raw	0.07	0.04
	11287	Onions, frozen, chopped, unprepared	0.07	0.02
11527 Tomatoes, green, raw 0.09	11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	0.07	0.02
	11527	Tomatoes, green, raw	0.07	0.09

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	0.07	0.02
14028	Beverages, Whiskey sour mix, bottled	0.07	0.00
14050	Alcoholic beverage, distilled, rum, 80 proof	0.07	0.05
14057	Alcoholic beverage, wine, dessert, sweet	0.07	0.04
14091	Beverages, almond milk, unsweetened, shelf stable	0.07	0.03
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	0.07	0.03
14130	Carbonated beverage, cream soda	0.07	0.01
14142	Beverages, carbonated, grape soda	0.07	0.02
14157	Beverages, carbonated, root beer	0.07	0.01
14268	Beverages, Fruit punch drink, frozen concentrate	0.07	0.09
14430	Cranberry juice cocktail, frozen concentrate	0.07	0.02
14530	Whiskey sour mix, bottled, with added potassium and sodium	0.07	0.00
14536	Alcoholic beverage, wine, dessert, dry	0.07	0.04
16004	Yokan, prepared from adzuki beans and sugar	0.07	0.03
18086	Cake, angelfood, commercially prepared	0.07	0.08
02051	Vanilla extract, imitation, alcohol	0.06	0.02
03129	Babyfood, fruit, bananas with tapioca, strained	0.06	0.04
03160	Babyfood, fruit, guava and papaya with tapioca, strained	0.06	
03172	Babyfood, juice, orange	0.06	0.05
04021	Salad dressing, italian dressing, commercial, reduced fat	0.06	0.02
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	0.06	
04630	Margarine Spread, approximately 48% fat, tub	0.06	0.01
06174	Soup, stock, fish, home-prepared	0.06	0.06
06410	Soup, cream of celery, canned, prepared with equal volume water	0.06	0.06
06443	Soup, cream of mushroom, canned, prepared with equal volume water	0.06	0.02
06446	Soup, cream of onion, canned, prepared with equal volume water	0.06	
09010	Apples, dehydrated (low moisture), sulfured, stewed	0.06	0.06
09055	Blueberries, frozen, sweetened	0.06	0.04
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	0.06	0.07
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	0.06	0.06
09124	Grapefruit juice, white, canned, sweetened	0.06	0.05
09150	Lemons, raw, without peel	0.06	0.04
09161	Lime juice, canned or bottled, unsweetened	0.06	0.03
09201	Oranges, raw, California, valencias	0.06	0.04
09233	Passion-fruit juice, yellow, raw	0.06	0.05
09320	Strawberries, frozen, sweetened, sliced	0.06	0.02

9341 Feijna, raw 0.04 0.04 94843 Clementires, raw 0.06 0.04 9444 Julias, apple, gape and praor blend, with added accidented 0.06 0.08 0448 Quange, Françaph Saude 0.06 0.08 0542 Oange, Françaph Saude, Sub Bend 0.06 0.08 0593 Fruit juice smoothe, OSWALLA, ORIGONAL SUPERFOOD 0.06 0.06 0513 Burbehr, canad 0.06 0.06 1104 Burbehr, canad 0.06 0.06 1337 Pappers, weed, green, frozen, chopped, unprepared 0.06 0.06 1337 Pappers, weed, green, frozen, chopped, unprepared 0.06 0.06 1337 Pappers, weed, green, frozen, chopped, unprepared 0.06 0.06 1337 Pappers, weed, green, frozen, chopped, unprepared 0.06 0.06 1349 Pappers, weed, green, frozen, chopped, unprepared 0.06 0.06 1349 Pappers, weed, green, suited 0.06 0.04 1451 Pappers, weed, green, suited 0.06 0.0	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
19444 Juice, apple, grape and pear blend, with abled accorduc acid and calcium 0.08 0.01 09488 Nance, canacad, syrup, drained 0.06 0.03 09508 Futal pice samodile, INAKED JUCE, GREEN MACHINE 0.06 0.05 09513 Futil pice samodile, ONAKED JUCE, GREEN MACHINE 0.06 0.04 09513 Pruli, laccor, acmodile, CONWALLA, ORIGINAL SUPERFOOD 0.06 0.04 11084 Buttcher, canaced 0.06 0.04 11237 Peppers, sweet, green, frozen, chopped, unperpared 0.06 0.05 11337 Peppers, sweet, green, sauteed 0.06 0.05 11795 Leaks, (bulb and lower leaf-portion), coxided, boiled, drained, with salt 0.06 0.05 11795 Peppers, sweet, green, frozen, chopped, unperpared 0.06 0.06 11971 Peppers, sweet, green, switzed, switze, swi	09334	Feijoa, raw	0.06	0.04
99488 Nance, canned, symp, drained 0.06 0.03 09522 Orange Pincapple Juice Blead 0.06 0.03 99588 Fair Juice smoothis, OMEDIUCE, GREEN MACHINE 0.06 0.03 09513 Fruit Juice smoothis, OWALLA, ORIGINAL SUPERFOOD 0.06 0.04 10864 Pork, Snoon, rendered lat, cooked 0.06 0.01 11247 Leaks, Chilb and Iower leaf-portion), conkel, boiled, drained, without salt 0.06 0.06 11337 Perpers, sweet, green, austiced 0.06 0.05 11795 Lecks, Chilb and Iower leaf-portion), conkel, boiled, drained, with salt 0.06 0.06 11977 Perpers, sweet, green, austiced 0.06 0.06 11978 Lecks, Chilb and Iower leaf-portion), conted, boiled, drained, with salt 0.06 0.06 11979 Perpers, sweet, red, frozen, chopped, unprepared 0.06 0.06 14971 Alcoholic beverage, whiskey sure, green and renal red. 0.06 0.01 14374 Beverages, pincapple and grapefroit juic drink, canned 0.06 0.04 14424 Beverages, pincapple and orang	09433	Clementines, raw	0.06	0.04
69452 Oranga Pincapple luice Blend 0.06 0.03 69508 Firni juice amoothic, NAKED JUICE, GREEN MACTIINE 0.06 0.04 69513 Firni juice amoothic, OWALLA, ORGINAL SUPERODD 0.06 0.04 10864 Pork, becon, rendered fat, cooked 0.06 0.02 11108 Butterbur, canned 0.06 0.06 11247 Lecks, Cubla and lower leaf-portion), cooked, boiled, drained, without salt 0.06 0.05 11337 Peppers, sweet, green, sauteed 0.06 0.05 11395 Deppers, sweet, green, sauteed 0.06 0.02 11975 Leeks, (tubb and bower best-perturiny), conked, boiled, drained, with salt 0.06 0.02 11975 Peppers, sweet, rend, frozen, chopped, unprepared 0.06 0.05 14027 Alcoholic beverage, whiskey sour, camed 0.06 0.01 14029 Alcoholic beverage, whiskey sour, pened from item 14028 0.06 0.01 14219 Beverages, pincapple and grazepinit juic drink, camed 0.06 0.01 14321 Beverages, fincapped and grazepinit juic drink, camed <td< td=""><td>09444</td><td>Juice, apple, grape and pear blend, with added ascorbic acid and calcium</td><td>0.06</td><td>0.01</td></td<>	09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	0.06	0.01
69518 Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD 0.06 0.04 (09513 Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD 0.06 0.04 (1984) Porl, bason, resoluted fid. crocked 0.06 0.04 1118 Butterfour, canned 0.06 0.04 11247 Lacks, Outh and Itower leaf-portion), crocked, boiled, drained, without salt 0.06 0.05 11337 Peppers, sweet, gene, motivate, topped, unprepared 0.06 0.05 11339 Peppers, sweet, gene, sauted 0.06 0.05 11795 Leeks, (bulb and lower leaf-portion), crocked, boiled, drained, with salt 0.06 0.06 11797 Peppers, sweet, gene, sauted 0.06 0.06 11797 Leeks, (bulb and lower leaf-portion), crocked, boiled, drained, with salt 0.06 0.06 11797 Leeks, (bulb and lower leaf-portion), crocked, boiled, drained, with salt 0.06 0.06 11797 Alcoholic beverage, whickeys our, canned 0.06 0.01 14027 Alcoholic beverage, whiskeys our, peace drained, canned 0.06 0.01 14331	09448	Nance, canned, syrup, drained	0.06	0.05
09513 Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD 0.06 0.08 10864 Pork, becon, rendered fat, cooked 0.06 0.02 11108 Butterbur, camed 0.06 0.08 11247 Lecks, (bull and lower leaf-portion), cooked, bolled, drained, without salt 0.06 0.05 11339 Peppers, sweet, green, frozen, chopped, unprepared 0.06 0.02 11795 Lecks, (bull and lower leaf-portion), cooked, holled, drained, with salt 0.06 0.05 11917 Peppers, sweet, green, frozen, chopped, unprepared 0.06 0.06 11917 Peppers, sweet, green, frozen, chopped, unprepared 0.06 0.01 14027 Alcoholic beverage, whiskey sour, camed 0.06 0.01 14127 Beverages, NESTEA, (etc.) black, ready-to-drink, lenon 0.06 0.01 14131 Beverages, Niersple and grapefruit juice drink, camed 0.06 0.01 14424 Beverages, pincapple and orange juice drink, camed 0.06 0.04 14450 Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder 0.06 0.05 14531	09452	Orange Pineapple Juice Blend	0.06	0.03
1864 Pork, bacon, rendered fat, cooked 0.06 0.02 11108 Buttebru, canned 0.06 0.04 11247 Lecks, bulb and lower leaf-portion), cooked, boiled, drained, without salt 0.06 0.05 11337 Peppers, sweet, green, frozen, chopped, unprepared 0.06 0.02 11795 Lecks, bulb and lower leaf-portion), cooked, boiled, drained, with salt 0.06 0.02 11917 Peppers, sweet, red, frozen, chopped, unprepared 0.06 0.06 14027 Alcoholic beverage, whiskey sour, renned 0.06 0.01 14028 Alcoholic beverage, whiskey sour, repared from item 14028 0.06 0.01 1437 Beverages, princaple and grapefrait juice drink, canned 0.06 0.01 1434 Beverages, pincaple and grapefrait juice drink, canned 0.06 0.01 14424 Beverages, pincaple and grapefrait juice drink, canned 0.06 0.01 14430 Beverages, pincaple and grapefrait juice drink, canned 0.06 0.01 14424 Beverages, pincaple and grapefrait juice drink, canned 0.06 0.02 14531	09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	0.06	0.05
1108 Buterbur, canned 0.06 0.04 11247 Lecks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt 0.06 0.06 0.06 0.05 11339 Peppers, sweet, green, frozen, chopped, unprepared 0.06 0.05 0.05 11339 Peppers, sweet, green, sauteed 0.06 0.05 0.0	09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	0.06	0.04
11247 Iceks, (hulh and lower leaf-portion), cooked, hoiled, drained, without salt 0.06 0.06 11337 Peppers, sweet, green, forzen, chopped, upperpared 0.06 0.05 11339 Peppers, sweet, green, sauteed 0.06 0.06 11975 Leeks, (bulh and lower leaf-portion), cooked, boiled, drained, with salt 0.06 0.06 11977 Peppers, sweet, green, chopped, upprepared 0.06 0.01 14027 Alcoholic beverage, whiskey sour, grapped 0.06 0.01 14029 Alcoholic beverage, whiskey sour, prepared from item 14028 0.06 0.01 14331 Beverages, pincapple and grappefurd jicic drink, canned 0.06 0.04 14341 Beverages, pincapple and orange juice drink, canned 0.06 0.04 14424 Beverages, pincapple and orange juice drink, canned 0.06 0.04 14436 Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder 0.06 0.01 14331 Alcoholic beverage, whiskey sour 0.06 0.01 19332 Povalings, standerny 0.06 0.01 19433 Alcoh	10864	Pork, bacon, rendered fat, cooked	0.06	0.02
11337 Peppers, sweet, green, swited 0.06 0.05 11339 Peppers, sweet, green, swited 0.06 0.02 11795 Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with sait 0.06 0.06 11917 Peppers, sweet, red. flozen, chopped, unprepared 0.06 0.05 14027 Alcoholic beverage, whiskey sour, canned 0.06 0.01 14028 Alcoholic beverage, whiskey sour, peppared from item 14028 0.06 0.01 14137 Beverages, NESTEA, tea, black, ready-to-drink, lemon 0.06 0.01 14334 Beverages, pincapple and grange fruit juice drink, canned 0.06 0.04 14424 Beverages, pincapple and orange juice drink, canned 0.06 0.04 14450 Beverages, drink mis, QUAKER OATS, GATORADE, orange flavor, powder 0.06 0.04 14451 Beverages, drink mis, QUAKER OATS, GATORADE, orange flavor, powder 0.06 0.01 14531 Alcoholic beverage, whiskey sour 0.06 0.01 19330 Syrup, finit flavored 0.06 0.01 19340 Peudings, vanilla, dry mis,	11108	Butterbur, canned	0.06	0.04
Peppers, sweet, green, sauteed	11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	0.06	0.06
11795 Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt 0.06 0.05 11917 Peppers, sweet, red, frozen, chopped, unprepared 0.06 0.05 14027 Alcoholic beverage, whiskey sour, canned 0.06 0.01 14029 Alcoholic beverage, whiskey sour, prepared from item 14028 0.06 0.01 14137 Beverages, NESTEA, tea, black, ready-to-drink, lemon 0.06 0.01 14334 Beverages, pincapple and grapefruit juice drink, canned 0.06 0.04 14341 Beverages, pincapple and orange juice drink, canned 0.06 0.04 14424 Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder 0.06 0.02 14531 Alcoholic beverage, whiskey sour 0.06 0.01 14538 Beverages, Inichata, as served in restaurant 0.06 0.01 19030 Syrup, fruit flavored 0.06 0.01 19373 Toppings, Strawberry 0.06 0.03 19202 Paddings, vanilla, dry mix, instant 0.06 0.01 19375 Frostings, glaze, prepared-from-recipe <t< td=""><td>11337</td><td>Peppers, sweet, green, frozen, chopped, unprepared</td><td>0.06</td><td>0.05</td></t<>	11337	Peppers, sweet, green, frozen, chopped, unprepared	0.06	0.05
11917 Peppers, sweet, red, frozen, chopped, unprepared 0.06 0.05 14027 Alcoholic beverage, whiskey sour, canned 0.06 0.01 14029 Alcoholic beverage, whiskey sour, prepared from item 14028 0.06 0.01 14137 Beverages, NESTEA, tea, black, ready-to-drink, lemon 0.06 0.01 14334 Beverages, pineapple and grapefruit juice drink, canned 0.06 0.04 14341 Beverages, pineapple and orange juice drink, canned 0.06 0.04 14424 Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore. 0.06 0.04 14430 Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder 0.06 0.02 14531 Alcoholic beverage, whiskey sour 0.06 0.01 14638 Beverages, Horchata, as served in restaurant 0.06 0.01 1933 Topings, strawberry 0.06 0.01 1924 Pruit butters, apple 0.06 0.03 19297 Jams and preserves 0.06 0.01 19373 Frostings, glave, prepared-from-recipe	11339	Peppers, sweet, green, sauteed	0.06	0.02
14027 Alcoholic beverage, whiskey sour, canned 0.06 0.01 14029 Alcoholic beverage, whiskey sour, prepared from item 14028 0.06 0.01 14137 Beverages, NESTEA, tea, black, ready-to-drink, lemon 0.06 0.01 14334 Beverages, pincapple and grapefuit juice drink, canned 0.06 0.04 14441 Beverages, pincapple and orange juice drink, canned 0.06 0.04 14450 Beverages, Grange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore. 0.06 0.02 14531 Alcoholic beverage, whiskey sour 0.06 0.01 14638 Beverages, Horchata, as served in restaurant 0.06 0.00 19030 Syrup, fruit flavored 0.06 0.01 19137 Toppings, strawberry 0.06 0.03 19202 Puddings, vanilla, dry mix, instant 0.06 0.03 19294 Fruit butters, apple 0.06 0.01 19375 Frostings, glaze, prepared-from-recipe 0.06 0.01 19375 Frostings, glaze, prepared-from-recipe 0.06 0	11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	0.06	0.06
14029 Alcoholic beverage, whiskey sour, prepared from item 14028 0.00 0.01 14137 Beverages, NESTEA, tea, black, ready-to-drink, lemon 0.06 0.01 14334 Beverages, pineapple and grapefruit juice drink, canned 0.06 0.04 14341 Beverages, pineapple and orange juice drink, canned 0.06 0.04 14424 Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore. 0.06 0.25 14531 Alcoholic beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder 0.06 0.02 14531 Alcoholic beverage, whiskey sour 0.06 0.01 14638 Beverages, Horchata, as served in restaurant 0.06 0.00 19030 Syrup, fruit flavored 0.06 0.01 19137 Toppings, strawberry 0.06 0.03 19202 Puddings, vanilla, dry mix, instant 0.06 0.08 19294 Fruit butters, apple 0.06 0.01 19375 Frostings, glaze, prepared-from-recipe 0.06 0.01 2007 Contsarch 0.06	11917	Peppers, sweet, red, frozen, chopped, unprepared	0.06	0.05
14137 Beverages, NESTEA, tea, black, ready-to-drink, lemon 0.06 0.01 14334 Beverages, pineapple and grapefruit juice drink, canned 0.06 0.04 14341 Beverages, pineapple and orange juice drink, canned 0.06 0.04 14424 Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore. 0.06 0.02 14450 Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder 0.06 0.02 14531 Alcoholic beverages, whiskey sour 0.06 0.01 14638 Beverages, Horchata, as served in restaurant 0.06 0.00 19030 Syrup, fruit flavored 0.06 0.03 19202 Puddings, vanilla, dry mix, instant 0.06 0.03 19204 Fruit butters, apple 0.06 0.08 19297 Jams and preserves 0.06 0.01 19375 Frostings, glaze, prepared-from-recipe 0.06 0.01 19379 Jams and preserves, apricot 0.06 0.01 20027 Comstarch 0.06 0.04	14027	Alcoholic beverage, whiskey sour, canned	0.06	0.01
14334 Beverages, pineapple and grapefruit juice drink, canned 0.06 0.04 14341 Beverages, pineapple and orange juice drink, canned 0.06 0.04 14424 Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore. 0.06 0.02 14450 Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder 0.06 0.05 14531 Alcoholic beverage, whiskey sour 0.06 0.01 14638 Beverages, Horchata, as served in restaurant 0.06 0.00 19030 Syrup, fruit flavored 0.06 0.01 19137 Toppings, strawberry 0.06 0.03 19202 Puddings, vanilla, dry mix, instant 0.06 0.09 19294 Fruit butters, apple 0.06 0.08 19297 Jams and preserves 0.06 0.01 19719 Jams and preserves, apricot 0.06 0.01 20027 Cornstarch 0.06 0.05 21349 McDONALDS, Spicy Buffalo Sauce 0.06 0.04 21349 McDONALDS,	14029	Alcoholic beverage, whiskey sour, prepared from item 14028	0.06	0.01
14341 Beverages, pineapple and orange juice drink, canned 0.06 0.04 14424 Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore. 0.06 0.04 14450 Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder 0.06 0.02 14531 Alcoholic beverage, whiskey sour 0.06 0.01 14638 Beverages, Horchata, as served in restaurant 0.06 0.00 19030 Syrup, fruit flavored 0.06 0.01 19137 Toppings, strawberry 0.06 0.03 19202 Puddings, vanilla, dry mix, instant 0.06 0.09 19294 Fruit butters, apple 0.06 0.08 19297 Jams and preserves 0.06 0.01 19375 Frostings, glaze, prepared-from-recipe 0.06 0.01 19719 Jams and preserves, apricot 0.06 0.01 20027 Cornstarch 0.06 0.05 21314 McDONALD'S, Spicy Buffalo Sauce 0.06 0.01 21349 McDONALD'S, NEWMAN'S OWN Ranch Dressing 0.06 0.02 4028 <td< td=""><td>14137</td><td>Beverages, NESTEA, tea, black, ready-to-drink, lemon</td><td>0.06</td><td>0.01</td></td<>	14137	Beverages, NESTEA, tea, black, ready-to-drink, lemon	0.06	0.01
1424 Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore. 0.06 0.02 14450 Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder 0.06 0.01 14531 Alcoholic beverage, whiskey sour 0.06 0.01 14638 Beverages, Horchata, as served in restaurant 0.06 0.00 19030 Syrup, fruit flavored 0.06 0.01 19137 Toppings, strawberry 0.06 0.03 19202 Puddings, vanilla, dry mix, instant 0.06 0.09 19294 Fruit butters, apple 0.06 0.01 19375 Frostings, glaze, prepared-from-recipe 0.06 0.01 19375 Frostings, glaze, prepared-from-recipe 0.06 0.01 20027 Constarch 0.06 0.05 21314 McDONALD'S, Spicy Buffalo Sauce 0.06 0.04 21349 McDONALD'S, NEWMAN'S OWN Ranch Dressing 0.06 0.01 4028 Jams and preserves, no sugar (with sodium saccharin), any flavor 0.05 0.05 903 Candies, jellybeans 0.05 0.05 <td>14334</td> <td>Beverages, pineapple and grapefruit juice drink, canned</td> <td>0.06</td> <td>0.04</td>	14334	Beverages, pineapple and grapefruit juice drink, canned	0.06	0.04
14450 Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder 0.06 0.25 14531 Alcoholic beverage, whiskey sour 0.06 0.01 14638 Beverages, Horchata, as served in restaurant 0.06 0.00 19030 Syrup, fruit flavored 0.06 0.01 19137 Toppings, strawberry 0.06 0.03 19202 Puddings, vanilla, dry mix, instant 0.06 0.09 19294 Fruit butters, apple 0.06 0.08 19297 Jams and preserves 0.06 0.01 19375 Frostings, glaze, prepared-from-recipe 0.06 0.01 19719 Jams and preserves, apricot 0.06 0.01 20027 Cornstarch 0.06 0.05 21314 McDONALD'S, Spicy Buffalo Sauce 0.06 0.04 21349 McDONALD'S, NEWMAN'S OWN Ranch Dressing 0.06 0.01 43028 Jams and preserves, no sugar (with sodium saccharin), any flavor 0.06 0.02 19108 Candies, jellybeans 0.05 0.05	14341	Beverages, pineapple and orange juice drink, canned	0.06	0.04
14531 Alcoholic beverage, whiskey sour 0.06 0.01 14638 Beverages, Horchata, as served in restaurant 0.06 0.00 19030 Syrup, fruit flavored 0.06 0.01 19137 Toppings, strawberry 0.06 0.03 19202 Puddings, vanilla, dry mix, instant 0.06 0.09 19294 Fruit butters, apple 0.06 0.08 19297 Jams and preserves 0.06 0.01 19375 Frostings, glaze, prepared-from-recipe 0.06 0.01 19719 Jams and preserves, apricot 0.06 0.01 20027 Cornstarch 0.06 0.05 21314 McDONALD'S, Spicy Buffalo Sauce 0.06 0.04 21349 McDONALD'S, NEWMAN'S OWN Ranch Dressing 0.06 0.01 43028 Jams and preserves, no sugar (with sodium saccharin), any flavor 0.06 0.02 19108 Candies, jellybeans 0.05 0.05	14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	0.06	0.04
14638 Beverages, Horchata, as served in restaurant 0.06 0.00 19030 Syrup, fruit flavored 0.06 0.01 19137 Toppings, strawberry 0.06 0.03 19202 Puddings, vanilla, dry mix, instant 0.06 0.09 19294 Fruit butters, apple 0.06 0.08 19297 Jams and preserves 0.06 0.10 19375 Frostings, glaze, prepared-from-recipe 0.06 0.01 20027 Cornstarch 0.06 0.05 21314 McDONALD'S, Spicy Buffalo Sauce 0.06 0.04 21349 McDONALD'S, NEWMAN'S OWN Ranch Dressing 0.06 0.01 43028 Jams and preserves, no sugar (with sodium saccharin), any flavor 0.06 0.02 19108 Candies, jellybeans 0.05 0.05	14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	0.06	0.25
19030 Syrup, fruit flavored 0.06 0.01 19137 Toppings, strawberry 0.06 0.03 19202 Puddings, vanilla, dry mix, instant 0.06 0.09 19294 Fruit butters, apple 0.06 0.08 19297 Jams and preserves 0.06 0.10 19375 Frostings, glaze, prepared-from-recipe 0.06 0.01 19719 Jams and preserves, apricot 0.06 0.05 20027 Cornstarch 0.06 0.05 21314 McDONALD'S, Spicy Buffalo Sauce 0.06 0.01 21349 McDONALD'S, NEWMAN'S OWN Ranch Dressing 0.06 0.01 43028 Jams and preserves, no sugar (with sodium saccharin), any flavor 0.06 0.02 19108 Candies, jellybeans 0.05 0.03	14531	Alcoholic beverage, whiskey sour	0.06	0.01
19137 Toppings, strawberry 0.06 0.03 19202 Puddings, vanilla, dry mix, instant 0.06 0.09 19294 Fruit butters, apple 0.06 0.08 19297 Jams and preserves 0.06 0.10 19375 Frostings, glaze, prepared-from-recipe 0.06 0.01 19719 Jams and preserves, apricot 0.06 0.05 20027 Cornstarch 0.06 0.05 21314 McDONALD'S, Spicy Buffalo Sauce 0.06 0.04 21349 McDONALD'S, NEWMAN'S OWN Ranch Dressing 0.06 0.01 43028 Jams and preserves, no sugar (with sodium saccharin), any flavor 0.06 0.02 19108 Candies, jellybeans 0.05 0.03	14638	Beverages, Horchata, as served in restaurant	0.06	0.00
19202 Puddings, vanilla, dry mix, instant 0.06 0.09 19294 Fruit butters, apple 0.06 0.08 19297 Jams and preserves 0.06 0.10 19375 Frostings, glaze, prepared-from-recipe 0.06 0.01 19719 Jams and preserves, apricot 0.06 0.05 20027 Cornstarch 0.06 0.05 21314 McDONALD'S, Spicy Buffalo Sauce 0.06 0.04 21349 McDONALD'S, NEWMAN'S OWN Ranch Dressing 0.06 0.01 43028 Jams and preserves, no sugar (with sodium saccharin), any flavor 0.06 0.02 19108 Candies, jellybeans 0.05 0.03	19030	Syrup, fruit flavored	0.06	0.01
19294 Fruit butters, apple 0.06 0.08 19297 Jams and preserves 0.06 0.10 19375 Frostings, glaze, prepared-from-recipe 0.06 0.01 19719 Jams and preserves, apricot 0.06 0.05 20027 Cornstarch 0.06 0.05 21314 McDONALD'S, Spicy Buffalo Sauce 0.06 0.04 21349 McDONALD'S, NEWMAN'S OWN Ranch Dressing 0.06 0.01 43028 Jams and preserves, no sugar (with sodium saccharin), any flavor 0.06 0.02 19108 Candies, jellybeans 0.05 0.03	19137	Toppings, strawberry	0.06	0.03
19297 Jams and preserves 0.06 0.10 19375 Frostings, glaze, prepared-from-recipe 0.06 0.01 19719 Jams and preserves, apricot 0.06 0.10 20027 Cornstarch 0.06 0.05 21314 McDONALD'S, Spicy Buffalo Sauce 0.06 0.04 21349 McDONALD'S, NEWMAN'S OWN Ranch Dressing 0.06 0.01 43028 Jams and preserves, no sugar (with sodium saccharin), any flavor 0.06 0.02 19108 Candies, jellybeans 0.05 0.03	19202	Puddings, vanilla, dry mix, instant	0.06	0.09
19375 Frostings, glaze, prepared-from-recipe 0.06 0.01 19719 Jams and preserves, apricot 0.06 0.10 20027 Cornstarch 0.06 0.05 21314 McDONALD'S, Spicy Buffalo Sauce 0.06 0.04 21349 McDONALD'S, NEWMAN'S OWN Ranch Dressing 0.06 0.01 43028 Jams and preserves, no sugar (with sodium saccharin), any flavor 0.06 0.02 19108 Candies, jellybeans 0.05 0.03	19294	Fruit butters, apple	0.06	0.08
19719 Jams and preserves, apricot 0.06 0.10 20027 Cornstarch 0.06 0.05 21314 McDONALD'S, Spicy Buffalo Sauce 0.06 0.04 21349 McDONALD'S, NEWMAN'S OWN Ranch Dressing 0.06 0.01 43028 Jams and preserves, no sugar (with sodium saccharin), any flavor 0.06 0.02 19108 Candies, jellybeans 0.05 0.03	19297	Jams and preserves	0.06	0.10
20027 Cornstarch 0.06 0.05 21314 McDONALD'S, Spicy Buffalo Sauce 0.06 0.04 21349 McDONALD'S, NEWMAN'S OWN Ranch Dressing 0.06 0.01 43028 Jams and preserves, no sugar (with sodium saccharin), any flavor 0.06 0.02 19108 Candies, jellybeans 0.05 0.03	19375	Frostings, glaze, prepared-from-recipe	0.06	0.01
21314McDONALD'S, Spicy Buffalo Sauce0.060.0421349McDONALD'S, NEWMAN'S OWN Ranch Dressing0.060.0143028Jams and preserves, no sugar (with sodium saccharin), any flavor0.060.0219108Candies, jellybeans0.050.03	19719	Jams and preserves, apricot	0.06	0.10
McDONALD'S, NEWMAN'S OWN Ranch Dressing 0.06 0.01 43028 Jams and preserves, no sugar (with sodium saccharin), any flavor 0.06 0.02 19108 Candies, jellybeans 0.05 0.03	20027	Cornstarch	0.06	0.05
Jams and preserves, no sugar (with sodium saccharin), any flavor Candies, jellybeans 0.06 0.02	21314	McDONALD'S, Spicy Buffalo Sauce	0.06	0.04
19108 Candies, jellybeans 0.05 0.03	21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	0.06	0.01
	43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	0.06	0.02
19263 Frozen novelties, fruit and juice bars 0.05	19108	Candies, jellybeans	0.05	0.03
	19263	Frozen novelties, fruit and juice bars	0.05	0.00

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
19314	Pie fillings, canned, cherry	0.05	0.08
19330	Puddings, lemon, dry mix, instant	0.05	0.02
19366	Toppings, pineapple	0.05	0.05
42141	Cream substitute, liquid, light	0.05	0.00
42193	Salad Dressing, mayonnaise-like, fat-free	0.05	0.02
43546	Babyfood, banana no tapioca, strained	0.05	0.04
43550	Babyfood, banana apple dessert, strained	0.05	0.03
01002	Butter, whipped, with salt	0.05	0.01
03118	Babyfood, fruit, apricot with tapioca, strained	0.05	0.03
03147	Babyfood, fruit, applesauce with banana, junior	0.05	0.04
03169	Babyfood, apple-cranberry juice	0.05	0.01
03171	Babyfood, juice, apple and prune	0.05	0.06
03222	Babyfood, cherry cobbler, junior	0.05	0.01
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	0.05	0.03
03238	Babyfood, dessert, tropical fruit, junior	0.05	0.03
06494	Soup, onion, dry, mix, prepared with water	0.05	0.02
09004	Apples, raw, without skin	0.05	0.03
09008	Apples, canned, sweetened, sliced, drained, heated	0.05	0.05
09012	Apples, dried, sulfured, stewed, without added sugar	0.05	0.04
09014	Apples, frozen, unsweetened, unheated	0.05	0.06
09015	Apples, frozen, unsweetened, heated	0.05	0.06
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	0.05	0.03
09127	Grapefruit juice, pink or red, with added calcium	0.05	0.03
09128	Grapefruit juice, white, raw	0.05	0.03
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	0.05	0.06
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	0.05	0.05
09152	Lemon juice, raw	0.05	0.02
09154	Lemon juice, frozen, unsweetened, single strength	0.05	0.03
09172	Longans, raw	0.05	0.17
09174	Loquats, raw	0.05	0.04
09206	Orange juice, raw	0.05	0.04
09228	Papaya, canned, heavy syrup, drained	0.05	0.01
09232	Passion-fruit juice, purple, raw	0.05	0.05
09250	Peaches, frozen, sliced, sweetened	0.05	0.02
09319	Strawberries, frozen, sweetened, whole	0.05	0.02
09404	Grapefruit juice, pink, raw	0.05	0.03

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
09443	Juice, apple and grape blend, with added ascorbic acid	0.05	0.01
09503	Apples, raw, gala, with skin	0.05	0.02
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	0.05	0.02
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	0.05	0.04
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	0.05	0.04
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	0.05	0.04
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	0.05	0.04
14136	Beverages, carbonated, ginger ale	0.05	0.02
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	0.05	
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	0.05	
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	0.05	0.03
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	0.05	0.02
14629	Beverages, Energy drink, ROCKSTAR	0.05	0.00
02048	Vinegar, cider	0.04	0.01
03115	Babyfood, apples, dices, toddler	0.04	0.02
03117	Babyfood, fruit, applesauce, junior	0.04	0.04
03128	Babyfood, fruit, apricot with tapioca, junior	0.04	0.04
03142	Babyfood, fruit, applesauce and apricots, strained	0.04	0.04
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	0.04	0.04
03165	Babyfood, fruit, apple and blueberry, junior	0.04	0.06
03167	Babyfood, apple-banana juice	0.04	0.02
03175	Babyfood, juice, orange and apricot	0.04	0.08
03177	Babyfood, juice, orange and pineapple	0.04	0.04
03178	Babyfood, juice, prune and orange	0.04	0.05
03224	Babyfood, dessert, cherry vanilla pudding, strained	0.04	0.05
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	0.04	0.03
03265	Babyfood, juice, apple and grape	0.04	0.08
03267	Babyfood, juice, fruit punch, with calcium	0.04	0.02
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	0.04	0.00
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	0.04	0.00
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	0.04	0.00
04660	Oil, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy	0.04	0.00
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	0.04	0.00
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	0.04	0.00
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	0.04	0.00
09003	Apples, raw, with skin	0.04	0.03

6905 Apples new, without skin, cowleds, Instituted 0.44 0.104 8906 Apples, new, without skin, cowleds, Instituted 0.03 0.001 09013 Applies, factured, structured, instituted, structured, with added organ 0.03 0.001 0010 Christer, sweed, fromen concentrate, instructured, instituted with 3 volume water without added accorbs accid 0.01 0.002 0121 Citipes, pickled, canned or bothed, groen 0.04 0.022 0915 Olives, pickled, canned on bothed, groen 0.04 0.022 0916 Ormage juic, forear concentrate, unsweetened, diluted with 3 volume water, with added calcium 0.04 0.02 0915 Ormage juic, forear concentrate, unsweetened, diluted with 3 volume water, with added calcium 0.04 0.02 0916 Ormage juic, forear concentrate, unsweetened, diluted with 3 volume water, with added accorbic accid 0.04 0.01 0917 Apples acce, and deficience, with added with 3 volume water, with added accorbic accid 0.04 0.01 0920 Apples acce, and deficience, with added accorbic acid, accidium, and portage acceded accorbic acid, accidium, and accorbic acid, accidium, and portage acceded accorbic acid, accidium, and portage acceded accorbic acid, accidium, and portage	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
19013 Apples, thent, suffirmed, suremed, with author suggested 1004 0.04 19018 Apples (ince, forcar concentrate, unsweetened, diluted with 3 volume water without added accorbic acid 0.04 0.02 19131 Grapes, sanctican type (slip skin), nav 0.04 0.12 19135 Olives, pickled, canned or bottled, green 0.04 0.02 19207 Orange junc, canned, unsweetened 0.04 0.02 19212 Orange junc, forcan concentrate, unsweetened, diluted with 3 volume water, with added alcorium 0.04 0.02 19215 Orange junc, forcan concentrate, unsweetened, diluted with 3 volume water, with added alcorium 0.04 0.02 19216 Orange junc, forcan concentrate, unsweetened, diluted with 3 volume water, with added accorbic acid 0.04 0.02 19216 Apple junc, forcar concentrate, unsweetened, diluted with 3 volume water, with added accorbic acid 0.04 0.02 19210 Apple junc, forcar concentrate, unsweetened, diluted with 3 volume water, with added accorbic acid 0.04 0.02 1921 Apples, raw, grand edictions, with skin 0.04 0.02 1922 Apples, raw, grand edictions, with skin 0.04	09005	Apples, raw, without skin, cooked, boiled	0.04	0.04
89118 Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added accorbic acid 0.04 0.02 09076 Charries, sweet, frozen, sweetened 0.04 0.02 99151 Girpes, sametian pre fellip skilp, raw 0.04 0.12 90195 Olives, pickled, canned on botted, green 0.04 0.02 90212 Orange juice, canced unsweetened, diluted with 3 volume water, with added calcium 0.04 0.02 90215 Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium 0.04 0.02 90216 Onnige juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid 0.04 0.01 90202 Apples acce, canned, sweetened, with sait 0.04 0.02 90410 Apples acce, canned, sweetened, with sait 0.04 0.03 90412 Apples, raw, red delicious, with skin 0.04 0.03 90510 Apples, raw, genuity smith, with skin 0.04 0.02 90511 Apples, raw, genuity smith, with skin 0.04 0.02 10951 Apples, raw, genuity smith, with skin 0.04	09006	Apples, raw, without skin, cooked, microwave	0.04	0.05
69076 Cherries, sweet, frozen, sweetmeld 0.04 0.02 69131 Grapes, namerican type (sijp skin), raw 0.04 0.12 69207 Orange juice, cananed unsweetened 0.04 0.02 69217 Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium 0.04 0.02 69212 Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water 0.04 0.02 69216 Quinces, raw 0.04 0.03 69402 Applesures, cananed, sweetened, with salt 0.04 0.03 69402 Applesure, raw, read delicious, with skin 0.04 0.03 69501 Apples, raw, read delicious, with skin 0.04 0.03 69502 Apples, raw, gammy smith, with skin 0.04 0.03 69503 Apples, raw, fail, with skin 0.04 0.03 69504 Apples, raw, fail, with skin 0.04 0.03 69505 Apples, raw, fail, with skin 0.04 0.03 69510 Apples, raw, gammy smith, with skin 0.04 0.03 10011 </td <td>09013</td> <td>Apples, dried, sulfured, stewed, with added sugar</td> <td>0.04</td> <td>0.04</td>	09013	Apples, dried, sulfured, stewed, with added sugar	0.04	0.04
09131 Grapes, american type (slip skin), raw 0.04 0.12 09195 Olives, pickled, canned or bottled, green 0.04 0.12 09217 Orange jukes, canned, unswectened. 0.04 0.02 09215 Orange jukes, frozen concentrate, unsweetened, dilated with 3 volume water. 0.04 0.02 09216 Orange jukes, frozen concentrate, unsweetened, dilated with 3 volume water. 0.04 0.04 09210 Apple sauce, canned, sweetened, with salt 0.04 0.04 09410 Apples sauce, canned, sweetened, with salt 0.04 0.04 09410 Apples sauce, canned, sweetened, with salt 0.04 0.01 09410 Apples sauce, canned, sweetened, with salt 0.04 0.01 09500 Apples, row, edition, swith skin 0.04 0.03 09501 Apples, row, guant, with skin 0.04 0.03 09502 Apples, row, guant, with skin 0.04 0.02 09517 Apples, row, guant, with skin 0.04 0.02 09517 Apples, row, guant, with skin 0.04 0.02	09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	0.04	0.01
09195 Olives, pickled, canned or bottled, green 0.04 0.12 09207 Orange juice, canned, unsweetened. 0.04 0.02 09215 Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water 0.04 0.02 09205 Quinees, raw 0.04 0.03 09906 Applesance, canned, sweetened, diluted with 3 volume water. 0.04 0.01 09907 Applesance, canned, sweetened, with salt 0.04 0.01 09908 Applesance, canned, sweetened, diluted with 3 volume water, with added ascorbic acid 0.04 0.03 09900 Apples juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid 0.04 0.01 09900 Apples juice, grow, ended delicious, with skin 0.04 0.03 09501 Apples, raw, golden delicious, with skin 0.04 0.03 09502 Apples, raw, golden delicious, with skin 0.04 0.03 09503 Apples, raw, golden delicious, with skin 0.04 0.02 09504 Apples, raw, golden delicious, with skin 0.04 0.02 09517 <t< td=""><td>09076</td><td>Cherries, sweet, frozen, sweetened</td><td>0.04</td><td>0.02</td></t<>	09076	Cherries, sweet, frozen, sweetened	0.04	0.02
09207 Orange juice, camed, unsweetened 0.04 0.02 09212 Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium 0.04 0.02 09215 Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water 0.04 0.01 09296 Quinces, row 0.04 0.01 09401 Apples auce, canned, sweetened, with salt 0.04 0.01 09401 Apples, proceed decicious, with salt 0.04 0.01 09501 Apples, raw, golden delicious, with skin 0.04 0.03 09502 Apples, raw, golden delicious, with skin 0.04 0.03 09503 Apples, raw, gramy smith, with skin 0.04 0.03 09504 Apples, raw, gramy smith, with skin 0.04 0.02 09517 Apples, raw, princy smith, with skin 0.04 0.02 19517 Apples, raw, with a canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium 0.04 0.02 19517 Apple juice, camend or bottled, unsweetened, with water, whiskey and powder mix 0.04 0.02 19025	09131	Grapes, american type (slip skin), raw	0.04	
09212 Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium 0.04 0.02 09215 Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water 0.04 0.01 09296 Quinces, raw 0.04 0.01 09412 Applesance, canned, sweetened, with salt 0.04 0.01 09411 Apples, raw, cented delicious, with skin 0.04 0.01 09500 Apples, raw, golden delicious, with skin 0.04 0.03 09501 Apples, raw, golden delicious, with skin 0.04 0.03 09502 Apples, raw, golden delicious, with skin 0.04 0.03 09503 Apples, raw, golden delicious, with skin 0.04 0.03 09504 Apples, raw, golden delicious, with skin 0.04 0.03 09505 Apples, raw, golden delicious, with skin 0.04 0.03 09517 Apples, raw, golden delicious, with skin 0.04 0.03 10917 Alcoholic beverage, disquiri, prepared with vater, whiskey and powder mix 0.04 0.01 14010 Alcoholic beverage, wither, 2 prepa	09195	Olives, pickled, canned or bottled, green	0.04	0.12
69215 Orange ginice, frozen concentrate, unswectened, diluted with 3 volume water 0.04 0.02 09296 Quinces, raw 0.04 0.13 09402 Apples ance, canned, sweetened, with salt 0.04 0.01 09509 Apples, rraw, root delicious, with skin 0.04 0.03 09510 Apples, raw, golden delicious, with skin 0.04 0.03 09502 Apples, raw, golden delicious, with skin 0.04 0.03 09503 Apples, raw, golden delicious, with skin 0.04 0.03 09504 Apples, raw, fuji, with skin 0.04 0.03 09505 Apples, raw, fuji, with skin 0.04 0.03 09514 Apples, raw, fuji, with skin 0.04 0.01 14010 Alcoholic beverage, diaquiri, prepared-from-recipe 0.04 0.01 14025 Alcoholic beverage, diaquiri, prepared-from-recipe 0.04 0.02 14024 Alcoholic beverage, diaquiri, prepared-with water, whiskey and powder mix 0.04 0.03 14034 Alcoholic beverage, diaquiri, prepared-with water, whiskey swin prepared with water, whiskey swin prepar	09207	Orange juice, canned, unsweetened	0.04	0.02
09296 Quinces, raw 0.04 0.13 09402 Applesauce, canned, sweetened, with sall 0.04 0.04 09411 Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid 0.04 0.01 09500 Apples, raw, golden delicious, with skin 0.04 0.03 09501 Apples, raw, gonden delicious, with skin 0.04 0.03 09502 Apples, raw, gonden delicious, with skin 0.04 0.03 09504 Apples, raw, gonden delicious, with skin 0.04 0.03 09505 Apples, raw, gonden delicious, with skin 0.04 0.03 09504 Apples, raw, gonden delicious, with skin 0.04 0.02 09517 Apple juice, camed or bottled, unsweetened, with added ascorbic acid, calcium, and potassium 0.04 0.01 14010 Alcoholic beverage, disiulted, with water, whiskey and powder mix 0.04 0.02 14024 Alcoholic beverage, creme de menthe, 72 proof 0.04 0.03 14034 Alcoholic beverage, sistilled, all (gin, rum, volka, whiskey) 80 proof 0.04 0.01 14153 <td>09212</td> <td>Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium</td> <td>0.04</td> <td>0.02</td>	09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	0.04	0.02
09402 Applesauce, canned, sweetened, with salt 0.04 0.04 09411 Apple jüce, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid 0.04 0.01 09500 Apples, raw, grd delicious, with skin 0.04 0.03 09501 Apples, raw, granny smith, with skin 0.04 0.03 09502 Apples, raw, grij, with skin 0.04 0.02 09517 Apple juice, canned or boatled, unsweetened, with added ascorbic acid, calcium, and potassium 0.04 0.02 14010 Alcoholic beverage, diaquiri, prepared-from-recipe 0.04 0.02 14025 Alcoholic beverage, distilled, all gin, rum, vodka, whiskey and powder mix 0.04 0.02 14037 Alcoholic beverage, distilled, all gin, rum, vodka, whiskey) 80 proof 0.04 0.02 14145 Beverages, carbonated, SPRTE, lemon-lime, without caffeine 0.04 0.00 14145 Beverages, carbonated, SPRTE, lemon-lime, without caffeine 0.04 0.01 14227 Beverages, Carbonated, speper-type, contains caffeine 0.04 0.01 14240 Beverages, Carbonated, speper-type, contains caffeine	09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	0.04	0.02
09411 Apple juice, frozen concentrate, unswectened, diluted with 3 volume water, with added ascorbic acid 0.04 0.03 09500 Apples, raw, red delicious, with skin 0.04 0.03 09501 Apples, raw, geanny smith, with skin 0.04 0.03 09504 Apples, raw, fiji, with skin 0.04 0.02 09517 Apple juice, canned or bottled, unswectened, with added ascorbic acid, calcium, and potassium 0.04 0.02 14010 Alcoholic beverage, daiquiri, prepared-from-recipe 0.04 0.02 14025 Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix 0.04 0.02 14034 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof 0.04 0.03 14037 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof 0.04 0.00 14145 Beverages, carbonated, SPRITE, lemon-line, without calfeire 0.04 0.01 14145 Beverages, Apple juice drink, light, fortified with vitamin C 0.04 0.01 14227 Beverages, Carbonated, pepper-type, contains calfeire 0.04 0.01 14240 Beverages, Apple ju	09296	Quinces, raw	0.04	0.13
09500 Apples, raw, red delicious, with skin 0.04 0.03 09501 Apples, raw, golden delicious, with skin 0.04 0.03 09502 Apples, raw, gramy smith, with skin 0.04 0.03 09504 Apples, raw, fuji, with skin 0.04 0.02 09517 Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium 0.04 0.02 14010 Alcoholic beverage, daiquiri, prepared-from-recipe 0.04 0.02 14025 Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix 0.04 0.03 14037 Alcoholic beverage, creme de menther, 72 proof 0.04 0.02 14038 Beverages, carbonated, SPRITE, lemon-lime, without calfeine 0.04 0.00 14145 Beverages, carbonated, pepper-type, contains calfeine 0.04 0.01 14162 Beverages, Apple juice drink, light, fortified with vitamin C 0.04 0.01 14240 Beverages, Crabensery-grape juice drink, bottled 0.04 0.01 14241 Beverages, cratherry-grape juice drink, bottled 0.04 0.04 <	09402	Applesauce, canned, sweetened, with salt	0.04	0.04
09501 Apples, raw, golden delicious, with skin 0.04 0.03 09502 Apples, raw, fuji, with skin 0.04 0.03 09504 Apples, raw, fuji, with skin 0.04 0.02 09517 Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium 0.04 0.02 14010 Alcoholic beverage, daiquiri, prepared-from-recipe 0.04 0.02 14025 Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix 0.04 0.03 14034 Alcoholic beverage, careme de menthe, 72 proof 0.04 0.08 14037 Alcoholic beverage, careme de menthe, 72 proof 0.04 0.02 14145 Beverages, carbonated, SPRITE, lemon-lime, without caffreine 0.04 0.00 14145 Beverages, carbonated, SPRITE, lemon-lime, without caffreine 0.04 0.01 14162 Beverages, carbonated, SPRAY, White Cranberry Strawberry Flavored Juice Drink 0.04 0.01 14227 Beverages, Cranberry-grapic tojuce drink, bottled 0.04 0.01 14240 Beverages, citrus fruit juice drink, bottled 0.04 0.01	09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	0.04	0.01
09502 Apples, raw, granny smith, with skin 0.04 0.03 09504 Apples, raw, fuji, with skin 0.04 0.02 09517 Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium 0.04 0.01 14010 Alcoholic beverage, daiquiri, prepared-from-recipe 0.04 0.02 14025 Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix 0.04 0.08 14034 Alcoholic beverage, crame de menthe, 72 proof 0.04 0.08 14037 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof 0.04 0.02 14145 Beverages, carbonated, SPRITE, lemon-lime, without caffeine 0.04 0.01 14145 Beverages, carbonated, SPRITE, lemon-lime, without caffeine 0.04 0.01 14145 Beverages, carbonated, SPRITE, lemon-lime, without caffeine 0.04 0.01 14146 Beverages, Apple juice drink, light, fortified with vitamin C 0.04 0.01 14227 Beverages, OzaPa SPRAY, White Cranberry Strawberry Flavored Juice Drink 0.04 0.02 14241 Beverages, cranberry-grioci juice drink, bot	09500	Apples, raw, red delicious, with skin	0.04	0.03
09504 Apples, raw, fuji, with skin 0.04 0.02 09517 Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium 0.04 0.01 14010 Alcoholic beverage, diaqiuri, prepared-from-recipe 0.04 0.02 14025 Alcoholic beverage, whisky sour, prepared with water, whiskey and powder mix 0.04 0.08 14034 Alcoholic beverage, creme de menthe, 72 proof 0.04 0.08 14037 Alcoholic beverage, distilled, all (gin, rum, volka, whiskey) 80 proof 0.04 0.02 14145 Beverages, carbonated, SPRITE, lemon-lime, without caffeine 0.04 0.00 14162 Beverages, carbonated, pepper-type, contains caffeine 0.04 0.01 14163 Beverages, Apple juice drink, light, fortified with vitamin C 0.04 0.01 14261 Beverages, OEEAN SPRAY, White Cramberry Strawberry Flavored Juice Drink 0.04 0.01 14262 Beverages, cramberry-grape juice drink, bottled 0.04 0.01 14263 Beverages, cramberry-grape juice drink, bottled 0.04 0.01 14264 Beverages, cramberry-grape juice drink, frozen conce	09501	Apples, raw, golden delicious, with skin	0.04	0.03
09517 Apple juice, anned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium 0.04 0.01 14010 Alcoholic beverage, daiquiri, prepared-from-recipe 0.04 0.02 14025 Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix 0.04 0.08 14034 Alcoholic beverage, creme de menthe, 72 proof 0.04 0.08 14037 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof 0.04 0.02 14145 Beverages, carbonated, SPRITE, lemon-lime, without caffeine 0.04 0.00 14153 Beverages, carbonated, pepper-type, contains caffeine 0.04 0.01 14162 Beverages, Apple juice drink, light, fortified with vitamin C 0.04 0.01 14227 Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink 0.04 0.01 14240 Beverages, cranberry-apricot juice drink, bottled 0.04 0.01 14263 Beverages, cirrus fruit juice drink, frozen concentrate, prepared with water 0.04 0.04 14327 Beverages, crange and apricot juice drink, canned 0.04 0.03 14328	09502	Apples, raw, granny smith, with skin	0.04	0.03
14010 Alcoholic beverage, daiquiri, prepared-from-recipe 0.04 0.02 14025 Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix 0.04 0.03 14034 Alcoholic beverage, creme de menthe, 72 proof 0.04 0.08 14037 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof 0.04 0.02 14145 Beverages, carbonated, SPRITE, lemon-lime, without caffeine 0.04 0.00 14153 Beverages, carbonated, pepper-type, contains caffeine 0.04 0.01 14162 Beverages, Apple juice drink, light, fortified with vitamin C 0.04 0.01 14227 Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink 0.04 0.01 14240 Beverages, cranberry-apricot juice drink, bottled 0.04 0.01 14241 Beverages, cranberry-grape juice drink, bottled 0.04 0.01 14263 Beverages, citrus fruit juice drink, bottled 0.04 0.04 14292 Lemonade, frozen concentrate, white 0.04 0.01 14327 Beverages, orange and apricot juice drink, canned 0.04 0.03 14381 Beverages, perage drink, breakfast t	09504	Apples, raw, fuji, with skin	0.04	0.02
14025 Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix 0.04 0.03 14034 Alcoholic beverage, creme de menthe, 72 proof 0.04 0.08 14037 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof 0.04 0.02 14145 Beverages, carbonated, SPRITE, lemon-lime, without caffeine 0.04 0.01 14153 Beverages, carbonated, pepper-type, contains caffeine 0.04 0.01 14162 Beverages, Apple juice drink, light, fortified with vitamin C 0.04 0.01 14227 Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink 0.04 0.01 14240 Beverages, cranberry-apricot juice drink, bottled 0.04 0.01 14241 Beverages, cranberry-grape juice drink, bottled 0.04 0.01 14263 Beverages, citrus fruit juice drink, frozen concentrate, prepared with water 0.04 0.01 14292 Lemonade, frozen concentrate, white 0.04 0.01 14327 Beverages, orange and apricot juice drink, canned 0.04 0.02 14381 Beverages, tea, herb, other than chamomile, brewed 0.04 0.02 14427 Beve	09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	0.04	0.01
14034 Alcoholic beverage, creme de menthe, 72 proof 0.04 0.08 14037 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof 0.04 0.02 14145 Beverages, carbonated, SPRITE, lemon-lime, without caffeine 0.04 0.00 14153 Beverages, carbonated, pepper-type, contains caffeine 0.04 0.01 14162 Beverages, Apple juice drink, light, fortified with vitamin C 0.04 0.01 14227 Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink 0.04 0.01 14240 Beverages, cranberry-apricot juice drink, bottled 0.04 0.02 14241 Beverages, cranberry-grape juice drink, bottled 0.04 0.01 14263 Beverages, citrus fruit juice drink, frozen concentrate, prepared with water 0.04 0.04 14327 Beverages, orange and apricot juice drink, canned 0.04 0.01 14381 Beverages, capes, eta, herb, other than chamomile, brewed 0.04 0.02 14427 Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water 0.04 0.02 14532 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof 0.04 <t< td=""><td>14010</td><td>Alcoholic beverage, daiquiri, prepared-from-recipe</td><td>0.04</td><td>0.02</td></t<>	14010	Alcoholic beverage, daiquiri, prepared-from-recipe	0.04	0.02
14037 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof 0.04 0.02 14145 Beverages, carbonated, SPRITE, lemon-lime, without caffeine 0.04 0.00 14153 Beverages, carbonated, pepper-type, contains caffeine 0.04 0.01 14162 Beverages, Apple juice drink, light, fortified with vitamin C 0.04 0.01 14227 Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink 0.04 0.01 14240 Beverages, cranberry-apricot juice drink, bottled 0.04 0.02 14241 Beverages, cranberry-grape juice drink, bottled 0.04 0.01 14263 Beverages, citrus fruit juice drink, frozen concentrate, prepared with water 0.04 0.01 14327 Beverages, orange and apricot juice drink, canned 0.04 0.03 14381 Beverages, tea, herb, other than chamomile, brewed 0.04 0.02 14427 Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water 0.04 0.02 14532 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof 0.04 0.02 14533 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof <td< td=""><td>14025</td><td>Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix</td><td>0.04</td><td>0.03</td></td<>	14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	0.04	0.03
14145 Beverages, carbonated, SPRITE, lemon-lime, without caffeine 0.04 0.00 14153 Beverages, carbonated, pepper-type, contains caffeine 0.04 0.01 14162 Beverages, Apple juice drink, light, fortified with vitamin C 0.04 0.01 14227 Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink 0.04 0.01 14240 Beverages, cranberry-apricot juice drink, bottled 0.04 0.02 14241 Beverages, cranberry-grape juice drink, bottled 0.04 0.01 14263 Beverages, citrus fruit juice drink, frozen concentrate, prepared with water 0.04 0.04 14292 Lemonade, frozen concentrate, white 0.04 0.01 14327 Beverages, orange and apricot juice drink, canned 0.04 0.03 14381 Beverages, tea, herb, other than chamomile, brewed 0.04 0.02 14427 Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water 0.04 0.02 14532 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof 0.04 0.02 14533 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof 0.04 0.02	14034	Alcoholic beverage, creme de menthe, 72 proof	0.04	0.08
14153 Beverages, carbonated, pepper-type, contains caffeine 0.04 0.01 14162 Beverages, Apple juice drink, light, fortified with vitamin C 0.04 0.01 14227 Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink 0.04 0.01 14240 Beverages, cranberry-apricot juice drink, bottled 0.04 0.02 14241 Beverages, cranberry-grape juice drink, bottled 0.04 0.01 14263 Beverages, citrus fruit juice drink, frozen concentrate, prepared with water 0.04 0.04 14292 Lemonade, frozen concentrate, white 0.04 0.01 14327 Beverages, orange and apricot juice drink, canned 0.04 0.03 14381 Beverages, tea, herb, other than chamomile, brewed 0.04 0.02 14427 Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water 0.04 0.01 14532 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof 0.04 0.02 14533 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof 0.04 0.02	14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	0.04	0.02
Beverages, Apple juice drink, light, fortified with vitamin C Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink Beverages, ocean berry-apricot juice drink, bottled Beverages, cranberry-grape juice drink, bottled Beverages, cranberry-grape juice drink, bottled Beverages, cranberry-grape juice drink, bottled Beverages, citrus fruit juice drink, frozen concentrate, prepared with water Dought D	14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	0.04	0.00
Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink Beverages, cranberry-apricot juice drink, bottled Beverages, cranberry-grape juice drink, bottled Beverages, cranberry-grape juice drink, bottled Beverages, citrus fruit juice drink, frozen concentrate, prepared with water Dudy Dudy Dudy Dudy Dudy Dudy Dudy Dudy	14153	Beverages, carbonated, pepper-type, contains caffeine	0.04	0.01
Beverages, cranberry-apricot juice drink, bottled 0.04 0.02 14241 Beverages, cranberry-grape juice drink, bottled 0.04 0.01 14263 Beverages, citrus fruit juice drink, frozen concentrate, prepared with water 0.04 0.04 14292 Lemonade, frozen concentrate, white 0.04 0.01 14327 Beverages, orange and apricot juice drink, canned 0.04 0.03 14381 Beverages, tea, herb, other than chamomile, brewed 0.04 0.02 14427 Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water 0.04 0.10 14532 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof 0.04 0.02 14533 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof 0.04 0.02	14162	Beverages, Apple juice drink, light, fortified with vitamin C	0.04	0.01
Beverages, cranberry-grape juice drink, bottled Beverages, citrus fruit juice drink, frozen concentrate, prepared with water 0.04 0.04 14292 Lemonade, frozen concentrate, white 0.04 0.01 14327 Beverages, orange and apricot juice drink, canned 0.04 0.03 14381 Beverages, tea, herb, other than chamomile, brewed 0.04 0.02 14427 Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water 0.04 0.02 14532 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof 0.04 0.02	14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	0.04	0.01
Beverages, citrus fruit juice drink, frozen concentrate, prepared with water Lemonade, frozen concentrate, white Lemonade, frozen concentrate, white Beverages, orange and apricot juice drink, canned 0.04 0.03 14381 Beverages, tea, herb, other than chamomile, brewed Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water 0.04 0.05 14532 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof 0.04 0.05 0.06 0.07 0.09 0.09 0.09	14240	Beverages, cranberry-apricot juice drink, bottled	0.04	0.02
14292Lemonade, frozen concentrate, white0.040.0114327Beverages, orange and apricot juice drink, canned0.040.0314381Beverages, tea, herb, other than chamomile, brewed0.040.0214427Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water0.040.1014532Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof0.040.0214533Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof0.040.02	14241	Beverages, cranberry-grape juice drink, bottled	0.04	0.01
Beverages, orange and apricot juice drink, canned Beverages, tea, herb, other than chamomile, brewed Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof 0.04 0.02	14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	0.04	0.04
Beverages, tea, herb, other than chamomile, brewed Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof 0.04 0.02	14292	Lemonade, frozen concentrate, white	0.04	0.01
Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof 0.04 0.02	14327	Beverages, orange and apricot juice drink, canned	0.04	0.03
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof 0.04 0.02	14381	Beverages, tea, herb, other than chamomile, brewed	0.04	0.02
14533 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof 0.02	14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	0.04	0.10
	14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	0.04	0.02
Beverages, tea, herb, brewed, chamomile 0.04 0.02	14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	0.04	0.02
	14545	Beverages, tea, herb, brewed, chamomile	0.04	0.02

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	0.04	0.02
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	0.04	0.02
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	0.04	0.00
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	0.04	0.01
14649	Beverages, tea, hibiscus, brewed	0.04	0.00
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	0.04	0.01
19099	Candies, fondant, prepared-from-recipe	0.04	0.00
19116	Candies, marshmallows	0.04	0.10
19187	Flan, caramel custard, dry mix	0.04	0.02
19217	Frozen novelties, ice type, fruit, no sugar added	0.04	0.02
19222	Desserts, rennin, vanilla, dry mix	0.04	0.06
19303	Marmalade, orange	0.04	0.09
19312	Pie fillings, apple, canned	0.04	0.06
19318	Puddings, banana, dry mix, instant	0.04	0.02
19349	Syrups, corn, dark	0.04	0.05
19365	Toppings, marshmallow cream	0.04	0.10
19705	Puddings, banana, dry mix, instant, with added oil	0.04	0.02
19909	Sweeteners, sugar substitute, granulated, brown	0.04	0.01
31033	Ginger root, pickled, canned, with artificial sweetener	0.04	0.02
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	0.04	0.00
42140	Salad dressing, italian dressing, reduced calorie	0.04	0.00
19281	Frozen novelties, ice type, italian, restaurant-prepared	0.03	0.01
19300	Jellies	0.03	0.01
19334	Sugars, brown	0.03	0.05
19362	Syrups, table blends, corn, refiner, and sugar	0.03	0.06
19908	Sugar, turbinado	0.03	0.01
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	0.03	0.01
28334	Cookies, gluten-free, lemon wafer	0.03	0.00
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	0.03	0.00
43535	Babyfood, juice, apple - cherry	0.03	0.02
44110	Jellies, reduced sugar, home preserved	0.03	0.02
01073	Dessert topping, semi solid, frozen	0.03	
01124	Egg, white, raw, fresh	0.03	0.02
02068	Vinegar, red wine	0.03	0.01
03001	Babyfood, juice treats, fruit medley, toddler	0.03	0.04
03140	Babyfood, fruit dessert, mango with tapioca	0.03	

initial Inhylitorial, traits, appleaumer and charters, straited (III) (III) 0314 Bally foot, fruit, appleaumer and charters, straited (III) (III) 0315 Bally foot, fruit, appleaumer and charters, straited (III) (III) 0315 Bally foot, fruit, appleaumer and promaphe, junner (III) (III) 0315 Bally foot, fruit, apple and raspebry, straited (III) (III) 0316 Bally foot, fruit, branca and pincapple with taploos, junior (III) (III) 0316 Bally foot, fruit, branca and pincapple with taploos, junior (III) (III) 0316 Bally foot, fruit, upple and phenomer (III) (III) 0316 Bally foot, fruit, apple and phenomer (III) (III) 0316 Bally foot, june, apple and peach (III) (III) 0317 Bally foot, june, apple and peach (III) (III) 0318 Bally foot, june, apple and peach (III) (III) 0319 Bally foot, june, apple and peach (III) (III) 0321 Bally foot, june, apple and peach	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
01145 Babyfood, frost, appleasuse and cherros, junior 0.015 01151 Babyfood, fruit, appleasuse and pincapple, junior 0.03 01152 Babyfood, fruit, apple and respekery, suriors 0.03 01153 Babyfood, fruit, apple and respekery, junior 0.03 01156 Babyfood, fruit, banusa and pincapple with upieca, junior 0.03 01162 Babyfood, fruit, banusa and pincapple with upieca, junior 0.03 01164 Babyfood, fruit, apple and bushevery, strained 0.03 01166 Babyfood, fruit, apple and bushevery, strained 0.03 01168 Babyfood, juice, apple and pleach 0.03 01179 Babyfood, desert, cherry availt punding, junior 0.03 01179 Babyfood, desert, cherry availt punding, junior 0.03 01222 Babyfood, desert, cherry availt punding, junior 0.03 01223	03143	Babyfood, fruit, applesauce and apricots, junior	0.03	0.04
03151 Babybood, Iron, apple and raspberry, straned 0.03 0.04 03152 Babybood, Iron, apple and raspberry, straned 0.03 0.05 03153 Babybood, Iron, apple and raspberry, straned 0.03 0.04 03156 Babybood, finit, bassas and pincapple with tapinca, junior 0.03 0.04 03162 Babybood, finit, passy and applesance with ragions, strained 0.03 0.06 03164 Babybood, junic, apple and pleased with ragions, strained 0.03 0.04 03165 Babybood, junic, apple and peach 0.03 0.04 03168 Babybood, junic, apple and peach 0.03 0.04 03170 Babybood, junic, apple and peach 0.03 0.04 03173 Babybood, junic, apple and panan 0.03 0.04 03174 Babybood, junic, mange and apple and banan 0.03 0.04 03179 Babybood, junic, mange and apple and banan 0.03 0.04 03221 Babybood, junic, apple and banan 0.03 0.04 03222 Babybood, junic, apple and banan 0.03 0.04 <	03144	Babyfood, fruit, applesauce and cherries, strained	0.03	0.04
03152 Babysood, freni, apple and raspherry, junior 0.03 0.05 03155 Babysood, freit, bannas and pitcapple with tapioca, junior 0.03 0.04 03162 Babysood, freit, papays and applessuce with tapioca, strained 0.03 0.04 03164 Babysood, freit, papays and applessuce with tapioca, strained 0.03 0.06 03166 Babysood, juice, apple and blueberry, strained 0.03 0.04 03168 Babysood, juice, apple and peach 0.03 0.04 03173 Babysood, juice, nonge and apple 0.03 0.04 03174 Babysood, juice, nonge and apple 0.03 0.04 03179 Babysood, juice, nonge and apple 0.03 0.04 03179 Babysood, juice, mixed fruit 0.03 0.04 03221 Babysood, juice, mixed fruit 0.03 0.04 03222 Babysood, juice, mixed fruit 0.03 0.04 03223 Babysood, juice, mixed fruit 0.03 0.05 03224 Babysood, juice, mixed fruit 0.03 0.05 03225 Babyso	03145	Babyfood, fruit, applesauce and cherries, junior	0.03	0.05
83155 Babyfood, fruit, tapple and raspberry, junior 0.03 0.04 03156 Babyfood, fruit, banaus and prinesprie with tapioca, junior 0.03 0.04 03162 Babyfood, fruit, pape and planethery, trained 0.03 0.06 03164 Babyfood, five, apple and bluethery, trained 0.03 0.06 03166 Babyfood, juice, apple and pach 0.03 0.04 03170 Babyfood, juice, apple and pach 0.03 0.04 03173 Babyfood, juice, apple and path 0.03 0.04 03174 Babyfood, juice, cangue and apple 0.03 0.04 03179 Babyfood, juice, cangue and apple and banaus 0.03 0.04 03121 Babyfood, lessert, dutch apple, junior 0.03 0.04 03222 Babyfood, lessert, churry availla pudding, junior 0.03 0.04 0328 Babyfood, juice, apple and cherry 0.03 0.04 0328 Babyfood, juice, apple and cherry 0.03 0.04 0328 Babyfood, juice, apple and cherry 0.03 0.01 0326 <td< td=""><td>03151</td><td>Babyfood, fruit, applesauce and pineapple, junior</td><td>0.03</td><td>0.04</td></td<>	03151	Babyfood, fruit, applesauce and pineapple, junior	0.03	0.04
03156 Baby food, fruit, banarus and princapple with topicca, junior 0.03 0.04 03162 Baby food, fruit, papays and applescance with tapicca, strained 0.03 0.06 03164 Baby food, fruic, apple and bluebertry, strained 0.03 0.04 03166 Baby food, jince, apple 0.03 0.04 03168 Baby food, jince, apple and peach 0.03 0.04 03179 Baby food, jince, corage and apple 0.03 0.04 03173 Baby food, jince, corage and apple 0.03 0.04 03174 Baby food, jince, corage and apple 0.03 0.04 03179 Baby food, jince, corage and apple 0.03 0.04 03179 Baby food, jince, corage and apple and banara 0.03 0.04 03179 Baby food, jince, corage and apple and banara 0.03 0.04 03221 Baby food, juice, mixed fruit 0.03 0.04 03222 Baby food, desert, cherry varialla pudding, junior 0.03 0.05 03228 Baby food, desert, cherry varialla pudding, junior 0.03 0.03 <	03152	Babyfood, fruit, apple and raspberry, strained	0.03	0.05
03162 Babyfood, fruit, papya and applesance with tapioca, strained 0.03 0.06 03164 Babyfood, juice, apple and Duckerry, strained 0.03 0.06 03168 Babyfood, juice, apple and peach 0.03 0.04 03170 Babyfood, juice, apple and plum 0.03 0.04 03173 Babyfood, juice, angle and plum 0.03 0.04 03174 Babyfood, juice, orange and apple 0.03 0.04 03179 Babyfood, juice, mixed fruit 0.03 0.04 03222 Babyfood, juice, othery warling pudding, junior 0.03 0.04 03225 Babyfood, juice, apple and cherry 0.03 0.04 03226 Babyfood, juice, apple, junior 0.03 0.04 03227 Babyfood, desert, cherry warling pudding, junior 0.03 0.01 03228 Babyfood, juice, apple and cherry 0.03 0.04 03269 Babyfood, juice, apple and cherry 0.03 0.01 03260 Babyfood, juice, apple and cherry 0.03 0.01 03260 Babyfood, juice, apple and	03153	Babyfood, fruit, apple and raspberry, junior	0.03	0.05
03164 Babyfood, fruit, apple and blueberry, strained 0.03 0.06 03166 Babyfood, juice, apple and peach 0.03 0.04 03170 Babyfood, juice, apple and plum 0.03 0.04 03173 Babyfood, juice, orange and apple 0.03 0.04 03174 Babyfood, juice, orange and apple and bunana 0.03 0.04 03179 Babyfood, juice, mixed fruit 0.03 0.04 03221 Babyfood, desert, dutch apple, junior 0.03 0.04 03222 Babyfood, desert, peach cobbier, junior 0.03 0.04 03228 Babyfood, juice, apple, with calcum 0.03 0.04 03228 Babyfood, juice, apple, with calcum 0.03 0.04 0328 Babyfood, juice, apple, with calcum 0.03 0.04 04289 Babyfood, juice, apple, with calcum 0.03 0.04 04382 Babyfood, juice, apple, with calcum 0.03 0.01 04583 Margartine-like, magazine-butter bend, soybean oil and buter 0.03 0.01 0509 Applesauce, apple, wi	03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	0.03	0.04
03166 Bahyfood, juice, apple 0.03 0.04 03178 Bahyfood, juice, apple and peach 0.03 0.04 03173 Bahyfood, juice, orange and apple 0.03 0.04 03174 Bahyfood, juice, orange and apple and banana 0.03 0.04 03179 Bahyfood, juice, orange and apple and banana 0.03 0.04 03221 Bahyfood, juice, inteed fruit 0.03 0.04 03222. Bahyfood, dessert, chetry varilla pudding, junior 0.03 0.05 03228. Bahyfood, dessert, peach cobbler, junior 0.03 0.02 03269. Bahyfood, juice, apple and cherry 0.03 0.01 03269. Bahyfood, juice, apple and cherry 0.03 0.01 04585. Margarine-like, margarine-better blend, soybean oil and butter 0.03 0.01 05616. Soup, SwNNSON, vegetable broth, ready to serve 0.03 0.01 06017. Apples, canned, sweetened, without salt (includes USDA commodity) 0.03 0.03 09020. Applesauce, canned, sweetened, without salt (includes USDA commodity) 0.03 <td< td=""><td>03162</td><td>Babyfood, fruit, papaya and applesauce with tapioca, strained</td><td>0.03</td><td>0.04</td></td<>	03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	0.03	0.04
03168 Babyfood, juice, apple and peach 0.03 0.04 03170 Babyfood, juice, apple and plum 0.03 0.04 03173 Babyfood, juice, orange and apple 0.03 0.04 03174 Babyfood, juice, orange and apple and banana 0.03 0.04 03179 Babyfood, juice, mixed fruit 0.03 0.04 03221 Babyfood, dessert, ducht apple, junior 0.03 0.05 03228 Babyfood, dessert, peach cobbler, junior 0.03 0.05 03228 Babyfood, juice, apple, with calcium 0.03 0.04 03296 Babyfood, juice, apple, with calcium 0.03 0.01 03296 Babyfood, juice, apple and cherry 0.03 0.01 03296 Babyfood, juice, apple and cherry 0.03 0.01 03296 Babyfood, juice, apple, with calcium 0.03 0.01 04306 Babyfood, juice, apple, with calcium 0.03 0.01 0529 Babyfood, juice, apple, with calcium 0.03 0.01 0530 Babyfood, juice, apple, with calcium	03164	Babyfood, fruit, apple and blueberry, strained	0.03	0.06
03170 Babyfood, juice, orange and apple 0.03 0.04 03173 Babyfood, juice, orange and apple 0.03 0.04 03174 Babyfood, juice, mixed fruit 0.03 0.04 03179 Babyfood, juice, mixed fruit 0.03 0.04 03221 Babyfood, dessert, dutch apple, junior 0.03 0.05 03228 Babyfood, dessert, peach cobbler, junior 0.03 0.05 03228 Babyfood, dessert, peach cobbler, junior 0.03 0.04 03269 Babyfood, juice, apple and cherry 0.03 0.01 04585 Margarine-like, margarine-butter blend, soybean oil and butter 0.03 0.01 06615 Soup, SWANSON, vegetable broth 0.03 0.01 06616 Soup, SWANSON, vegetable broth, ready to serve 0.03 0.01 06070 Apples canned, sweetened, without added ascorbic acid (includes USDA commodity) 0.03 0.03 09010 Applessuce, canned, sweetened, without added ascorbic acid (includes USDA commodity) 0.03 0.03 09021 Tangerine juice, raw 0.03 0.02	03166	Babyfood, juice, apple	0.03	0.04
03173 Babyfood, juice, orange and apple 0.03 0.04 03174 Babyfood, juice, orange and apple and banana 0.03 0.04 03179 Babyfood, juice, orange and apple and banana 0.03 0.04 03221 Babyfood, dessert, durch apple, junior 0.03 0.05 032228 Babyfood, dessert, beach cobbler, junior 0.03 0.02 03268 Babyfood, juice, apple and cherry 0.03 0.04 03269 Babyfood, juice, apple, with calcium 0.03 0.01 04858 Margarine-like, margarine-buter blend, soybean oil and butter 0.03 0.01 04615 Soup, SWANSON, vegetable broth 0.03 0.01 06700 Soup, segetable broth, ready to serve 0.03 0.01 09007 Apples, canned, sweetened, sliced, drained, unbeated 0.03 0.03 09019 Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity) 0.03 0.03 09020 Applesauce, canned, sweetened 0.03 0.03 09221 Tangerine juice, raw 0.03 0.02	03168	Babyfood, juice, apple and peach	0.03	0.04
03174 Babyfood, juice, orange and apple and banam 0.03 0.04 03179 Babyfood, juice, mixed fruit 0.03 0.04 03221 Babyfood, dessert, ducth apple, junior 0.03 0.05 03225 Babyfood, dessert, cherry vanilla pudding, junior 0.03 0.05 03228 Babyfood, dessert, peach cobbler, junior 0.03 0.04 03269 Babyfood, juice, apple, with calcium 0.03 0.01 04585 Margarine-like, margarine-buter blend, soybean oil and butter 0.03 0.01 05615 Soup, SWANSON, vegetable broth, ready to serve 0.03 0.01 060700 Soup, sweetened, siteed, drained, unheated 0.03 0.01 09007 Applesauce, canned, sweetened, without added ascorbic acid (includes USDA commodity) 0.03 0.03 09019 Applesauce, canned, sweetened, without added ascorbic acid (includes USDA commodity) 0.03 0.03 09021 Cranberry sauce, canned, sweetened 0.03 0.03 09223 Tangerine juice, canned, sweetened 0.03 0.02 09236 Granperine juice, canned, sw	03170	Babyfood, juice, apple and plum	0.03	0.04
03179 Babyfood, juice, mixed fruit 0.03 0.04 03221 Babyfood, dessert, dutch apple, junior 0.03 0.05 03228 Babyfood, dessert, cherry vanilla pudding, junior 0.03 0.05 03228 Babyfood, diesert, peach coblier, junior 0.03 0.04 03268 Babyfood, juice, apple and cherry 0.03 0.04 03269 Babyfood, juice, apple, with calcium 0.03 0.01 04585 Margarine-like, margarine-butter blend, soybean oil and butter 0.03 0.01 06700 Soup, SWANSON, vegetable broth 0.03 0.01 06700 Soup, vegetable broth, ready to serve 0.03 0.01 06700 Apples acce, canned, sweetened, sliced, drained, unheated 0.03 0.03 0901 Applesauce, canned, sweetened, without aslt (includes USDA commodity) 0.03 0.03 09020 Applesauce, canned, sweetened, without aslt (includes USDA commodity) 0.03 0.03 09221 Tangerine juice, raw 0.03 0.02 09223 Tangerine juice, canned, sweetened 0.03 0.03 <td>03173</td> <td>Babyfood, juice, orange and apple</td> <td>0.03</td> <td>0.04</td>	03173	Babyfood, juice, orange and apple	0.03	0.04
03221 Babyfood, desserr, dutch apple, junior 0.03 0.05 03225 Babyfood, dessert, cherry vanilla pudding, junior 0.03 0.05 03228 Babyfood, dessert, epeach cobbler, junior 0.03 0.02 03268 Babyfood, juice, apple and cherry 0.03 0.04 03269 Babyfood, juice, apple and cherry 0.03 0.01 04585 Margarine-like, margarine-butter blend, soybean oil and butter 0.03 0.01 04585 Soup, SWANSON, vegetable broth 0.03 0.01 06615 Soup, swall be roth, ready to serve 0.03 0.01 06700 Soup, vegetable broth, ready to serve 0.03 0.01 09007 Applesace, canned, sweetened, siliced, drained, unheated 0.03 0.03 09010 Applesace, canned, unsweetened, without salt (includes USDA commodity) 0.03 0.03 09020 Applesauce, canned, sweetened 0.03 0.03 09221 Tangerine juice, raw 0.03 0.03 09222 Tangerine juice, sweetened, with added ascorbic acid 0.03 0.03	03174	Babyfood, juice, orange and apple and banana	0.03	0.04
03225 Babyfood, dessert, cherry vanilla pudding, junior 0.03 0.05 03228 Babyfood, dessert, peach cobbler, junior 0.03 0.20 03268 Babyfood, juice, apple and cherry 0.03 0.04 03269 Babyfood, juice, apple, with calcium 0.03 0.01 04585 Margarine-like, margarine-butter blend, soybean oil and butter 0.03 0.01 06615 Soup, SWANSON, vegetable broth 0.03 0.01 06700 Soup, vegetable broth, ready to serve 0.03 0.01 09017 Apples accurated, sweetened, sliced, drained, unheated 0.03 0.03 09019 Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity) 0.03 0.03 09020 Applesauce, canned, sweetened, without alt (includes USDA commodity) 0.03 0.03 09021 Tangerine juice, raw 0.03 0.02 09221 Tangerine juice, raw 0.03 0.02 09223 Tangerine juice, canned, weetened 0.03 0.02 09410 Applesauce, canned, unsweetened, with added ascorbic acid 0.03<	03179	Babyfood, juice, mixed fruit	0.03	0.04
03228 Babyfood, dessert, peach cobbler, junior 0.03 0.20 03268 Babyfood, juice, apple and cherry 0.03 0.04 03269 Babyfood, juice, apple, with calcium 0.03 0.01 04855 Margarine-like, margarine-butter blend, soybean oil and butter 0.03 0.01 06615 Soup, SWANSON, vegetable broth 0.03 0.01 06700 Soup, vegetable broth, ready to serve 0.03 0.01 09007 Apples, canned, sweetened, sliced, drained, unheated 0.03 0.05 09019 Applesauce, canned, sweetened, without added ascorbic acid (includes USDA commodity) 0.03 0.03 09020 Applesauce, canned, sweetened, without salt (includes USDA commodity) 0.03 0.03 09221 Tangerine juice, raw 0.03 0.02 09223 Tangerine juice, canned, sweetened 0.03 0.02 09435 Guava nectar, canned, unsweetened, with added ascorbic acid 0.03 0.03 09435 Guava nectar, canned, with added ascorbic acid 0.03 0.03 09435 Guava nectar, canned, with added ascorbic acid	03221	Babyfood, dessert, dutch apple, junior	0.03	
03268 Babyfood, juice, apple, with calcium 0.03 0.04 03269 Babyfood, juice, apple, with calcium 0.03 0.01 04585 Margarine-like, margarine-butter blend, soybean oil and butter 0.03 0.01 06615 Soup, SWANSON, vegetable broth 0.03 0.01 06700 Soup, vegetable broth, ready to serve 0.03 0.01 09007 Apples, canned, sweetened, sliced, drained, unheated 0.03 0.03 09019 Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity) 0.03 0.03 09020 Applesauce, canned, sweetened, without salt (includes USDA commodity) 0.03 0.03 09021 Tangerine juice, canned, sweetened 0.03 0.03 09222 Tangerine juice, canned, sweetened 0.03 0.02 09223 Tangerine juice, canned, sweetened 0.03 0.02 09401 Applesauce, canned, unsweetened, with added ascorbic acid 0.03 0.03 09435 Guava nectur, canned, with added ascorbic acid 0.03 0.04 094526 Cranberry sauce, jellied, canned,	03225	Babyfood, dessert, cherry vanilla pudding, junior	0.03	0.05
03269 Babyfood, juice, apple, with calcium 0.03 0.01 04585 Margarine-like, margarine-butter blend, soybean oil and butter 0.03 0.01 06615 Soup, SWANSON, vegetable broth 0.03 0.01 06700 Soup, vegetable broth, ready to serve 0.03 0.01 09007 Apples, canned, sweetened, sliced, drained, unheated 0.03 0.05 09019 Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity) 0.03 0.03 09020 Applesauce, canned, sweetened, without salt (includes USDA commodity) 0.03 0.03 09211 Tangerine juice, canned, sweetened 0.03 0.03 09221 Tangerine juice, canned, sweetened 0.03 0.02 09223 Tangerine juice, canned, unsweetened, with added ascorbic acid 0.03 0.03 09401 Applesauce, canned, with added ascorbic acid 0.03 0.02 09425 Guava nectar, canned, with added ascorbic acid 0.03 0.04 09426 Cranberry sauce, jellied, canned, OCEAN SPRAY 0.03 0.04 11241 Kohlrabi, r	03228	Babyfood, dessert, peach cobbler, junior	0.03	0.20
04585 Margarine-like, margarine-butter blend, soybean oil and butter 0.03 0.01 06615 Soup, SWANSON, vegetable broth 0.03 0.01 06700 Soup, vegetable broth, ready to serve 0.03 0.01 09007 Apples, canned, sweetened, sliced, drained, unheated 0.03 0.05 09019 Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity) 0.03 0.03 09020 Applesauce, canned, sweetened, without salt (includes USDA commodity) 0.03 0.03 09081 Cranberry sauce, canned, sweetened 0.03 0.03 09221 Tangerine juice, raw 0.03 0.02 09223 Tangerine juice, canned, sweetened 0.03 0.02 09401 Applesauce, canned, with added ascorbic acid 0.03 0.03 09435 Guava nectar, canned, with added ascorbic acid 0.03 0.02 09526 Cranberry sauce, jellied, canned, OCEAN SPRAY 0.03 0.04 11241 Kohlrabi, raw 0.03 0.01 14009 Alcoholic beverage, daiquiri, canned 0.03	03268	Babyfood, juice, apple and cherry	0.03	0.04
06615 Soup, SWANSON, vegetable broth 0.03 0.01 06700 Soup, vegetable broth, ready to serve 0.03 0.01 09007 Apples, canned, sweetened, sliced, drained, unheated 0.03 0.05 09019 Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity) 0.03 0.03 09020 Applesauce, canned, sweetened, without salt (includes USDA commodity) 0.03 0.03 09081 Cranberry sauce, canned, sweetened 0.03 0.03 09221 Tangerine juice, raw 0.03 0.02 09401 Applesauce, canned, sweetened 0.03 0.02 09401 Applesauce, canned, with added ascorbic acid 0.03 0.03 09435 Guava nectar, canned, with added ascorbic acid 0.03 0.02 09526 Cranberry sauce, jellied, canned, OCEAN SPRAY 0.03 0.04 11241 Kohlrabi, raw 0.03 0.01 14009 Alcoholic beverage, daiquiri, canned 0.03 0.02 14166 Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	03269	Babyfood, juice, apple, with calcium	0.03	0.01
06700 Soup, vegetable broth, ready to serve 0.03 0.01 09007 Apples, canned, sweetened, sliced, drained, unheated 0.03 0.05 09019 Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity) 0.03 0.03 09020 Applesauce, canned, sweetened, without salt (includes USDA commodity) 0.03 0.03 09081 Cranberry sauce, canned, sweetened 0.03 0.03 09221 Tangerine juice, raw 0.03 0.02 09401 Applesauce, canned, unsweetened, with added ascorbic acid 0.03 0.03 09435 Guava nectar, canned, with added ascorbic acid 0.03 0.02 09526 Cranberry sauce, jellied, canned, OCEAN SPRAY 0.03 0.04 11241 Kohlrabi, raw 0.03 0.03 14009 Alcoholic beverage, daiquiri, canned 0.03 0.03 14166 Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine 0.03 0.01	04585	Margarine-like, margarine-butter blend, soybean oil and butter	0.03	0.01
09007 Apples, canned, sweetened, sliced, drained, unheated 0.03 0.05 09019 Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity) 0.03 0.03 09020 Applesauce, canned, sweetened, without salt (includes USDA commodity) 0.03 0.03 09081 Cranberry sauce, canned, sweetened 0.03 0.03 09221 Tangerine juice, raw 0.03 0.02 09223 Tangerine juice, canned, sweetened 0.03 0.02 09401 Applesauce, canned, unsweetened, with added ascorbic acid 0.03 0.03 09435 Guava nectar, canned, with added ascorbic acid 0.03 0.02 09526 Cranberry sauce, jellied, canned, OCEAN SPRAY 0.03 0.04 11241 Kohlrabi, raw 0.03 0.03 14009 Alcoholic beverage, daiquiri, canned 0.03 0.02 14166 Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine 0.03 0.01	06615	Soup, SWANSON, vegetable broth	0.03	0.01
09019 Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity) 0.03 0.03 09020 Applesauce, canned, sweetened, without salt (includes USDA commodity) 0.03 0.03 09081 Cranberry sauce, canned, sweetened 0.03 0.03 09221 Tangerine juice, raw 0.03 0.02 09223 Tangerine juice, canned, sweetened 0.03 0.02 09401 Applesauce, canned, unsweetened, with added ascorbic acid 0.03 0.03 09435 Guava nectar, canned, with added ascorbic acid 0.03 0.02 09526 Cranberry sauce, jellied, canned, OCEAN SPRAY 0.03 0.04 11241 Kohlrabi, raw 0.03 0.13 14009 Alcoholic beverage, daiquiri, canned 0.03 0.02 14166 Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine 0.03 0.01	06700	Soup, vegetable broth, ready to serve	0.03	0.01
09020 Applesauce, canned, sweetened, without salt (includes USDA commodity) 0.03 0.03 09081 Cranberry sauce, canned, sweetened 0.03 0.03 09221 Tangerine juice, raw 0.03 0.02 09223 Tangerine juice, canned, sweetened 0.03 0.02 09401 Applesauce, canned, unsweetened, with added ascorbic acid 0.03 0.03 09435 Guava nectar, canned, with added ascorbic acid 0.03 0.02 09526 Cranberry sauce, jellied, canned, OCEAN SPRAY 0.03 0.04 11241 Kohlrabi, raw 0.03 0.13 14009 Alcoholic beverage, daiquiri, canned 0.03 0.02 14166 Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine 0.03 0.01	09007	Apples, canned, sweetened, sliced, drained, unheated	0.03	0.05
09081 Cranberry sauce, canned, sweetened 0.03 0.03 09221 Tangerine juice, raw 0.03 0.02 09223 Tangerine juice, canned, sweetened 0.03 0.02 09401 Applesauce, canned, unsweetened, with added ascorbic acid 0.03 0.03 09435 Guava nectar, canned, with added ascorbic acid 0.03 0.02 09526 Cranberry sauce, jellied, canned, OCEAN SPRAY 0.03 0.04 11241 Kohlrabi, raw 0.03 0.13 14009 Alcoholic beverage, daiquiri, canned 0.03 0.02 14166 Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine 0.03 0.01	09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	0.03	0.03
09221 Tangerine juice, raw 0.03 0.02 09223 Tangerine juice, canned, sweetened 0.03 0.02 09401 Applesauce, canned, unsweetened, with added ascorbic acid 0.03 0.03 09435 Guava nectar, canned, with added ascorbic acid 0.03 0.02 09526 Cranberry sauce, jellied, canned, OCEAN SPRAY 0.03 0.04 11241 Kohlrabi, raw 0.03 0.13 14009 Alcoholic beverage, daiquiri, canned 0.03 0.02 14166 Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine 0.03 0.01	09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	0.03	0.03
09223Tangerine juice, canned, sweetened0.030.0209401Applesauce, canned, unsweetened, with added ascorbic acid0.030.0309435Guava nectar, canned, with added ascorbic acid0.030.0209526Cranberry sauce, jellied, canned, OCEAN SPRAY0.030.0411241Kohlrabi, raw0.030.1314009Alcoholic beverage, daiquiri, canned0.030.0214166Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine0.030.01	09081	Cranberry sauce, canned, sweetened	0.03	0.03
Applesauce, canned, unsweetened, with added ascorbic acid O9435 Guava nectar, canned, with added ascorbic acid O9526 Cranberry sauce, jellied, canned, OCEAN SPRAY 11241 Kohlrabi, raw 14009 Alcoholic beverage, daiquiri, canned Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine O03 0.02 0.03 0.03 0.04 0.03 0.03 0.05 0.00 0.00	09221	Tangerine juice, raw	0.03	0.02
09435Guava nectar, canned, with added ascorbic acid0.030.0209526Cranberry sauce, jellied, canned, OCEAN SPRAY0.030.0411241Kohlrabi, raw0.030.1314009Alcoholic beverage, daiquiri, canned0.030.0214166Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine0.030.01	09223	Tangerine juice, canned, sweetened	0.03	0.02
09526Cranberry sauce, jellied, canned, OCEAN SPRAY0.030.0411241Kohlrabi, raw0.030.1314009Alcoholic beverage, daiquiri, canned0.030.0214166Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine0.030.01	09401	Applesauce, canned, unsweetened, with added ascorbic acid	0.03	0.03
11241 Kohlrabi, raw 0.03 0.13 14009 Alcoholic beverage, daiquiri, canned 0.03 0.02 14166 Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine 0.03 0.01	09435	Guava nectar, canned, with added ascorbic acid	0.03	0.02
Alcoholic beverage, daiquiri, canned 0.03 0.02 14166 Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine 0.03 0.01	09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	0.03	0.04
Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine 0.03 0.01	11241	Kohlrabi, raw	0.03	0.13
	14009	Alcoholic beverage, daiquiri, canned	0.03	0.02
Beverages, OCEAN SPRAY, Cran Grape 0.03	14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	0.03	0.01
	14217	Beverages, OCEAN SPRAY, Cran Grape	0.03	0.01

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	0.03	0.01
14242	Cranberry juice cocktail, bottled	0.03	0.01
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	0.03	0.01
14256	Beverages, OCEAN SPRAY, Cran Cherry	0.03	0.01
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	0.03	0.01
14282	Beverages, grape juice drink, canned	0.03	0.02
14296	Beverages, lemonade-flavor drink, powder	0.03	0.02
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	0.03	0.01
14370	Beverages, tea, instant, lemon, sweetened, powder	0.03	0.01
14414	Alcoholic beverage, liqueur, coffee, 53 proof	0.03	0.04
14534	Alcoholic beverage, liqueur, coffee, 63 proof	0.03	0.04
14542	Lemonade, frozen concentrate, pink	0.03	0.01
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	0.02	0.00
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	0.02	0.02
03116	Babyfood, fruit, applesauce, strained	0.02	0.04
03150	Babyfood, fruit, applesauce and pineapple, strained	0.02	0.04
04047	Oil, coconut	0.02	0.00
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	0.02	0.00
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	0.02	0.00
06984	Soup, SWANSON Chicken Broth 99% Fat Free	0.02	0.02
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	0.02	0.01
09340	Pears, asian, raw	0.02	0.05
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	0.02	0.01
09434	Guanabana nectar, canned	0.02	0.01
09436	Mango nectar, canned	0.02	0.02
09437	Tamarind nectar, canned	0.02	0.01
09519	Guava nectar, with sucralose, canned	0.02	0.02
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	0.02	0.02
11941	Pickles, cucumber, sour	0.02	0.08
11946	Pickles, cucumber, sour, low sodium	0.02	0.08
14052	Alcoholic beverage, distilled, whiskey, 86 proof	0.02	0.01
14064	Beverages, Orange juice, light, No pulp	0.02	0.02
14090	Beverages, Coconut water, ready-to-drink, unsweetened	0.02	0.01
14180	Beverages, coffee, brewed, breakfast blend	0.02	0.00
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	0.02	0.01
14209	Beverages, coffee, brewed, prepared with tap water	0.02	0.00

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	0.02	0.01
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	0.02	0.01
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	0.02	0.01
14238	Beverages, cranberry-apple juice drink, bottled	0.02	0.01
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	0.02	0.01
14250	Beverages, AMBER, hard cider	0.02	0.02
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	0.02	0.01
14257	Beverages, OCEAN SPRAY, Light Cranberry	0.02	0.02
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	0.02	0.02
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	0.02	0.03
14284	Beverages, Cranberry juice cocktail	0.02	0.02
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	0.02	0.01
14293	Lemonade, frozen concentrate, white, prepared with water	0.02	0.02
14305	Malt beverage, includes non-alcoholic beer	0.02	0.01
14323	Beverages, orange drink, canned, with added vitamin C	0.02	0.00
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	0.02	0.01
14355	Beverages, tea, black, brewed, prepared with tap water	0.02	0.01
14400	Beverages, carbonated, cola, fast-food cola	0.02	0.00
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	0.02	0.02
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	0.02	0.01
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	0.02	0.02
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	0.02	0.00
18370	Leavening agents, baking powder, double-acting, straight phosphate	0.02	0.01
19206	Puddings, vanilla, dry mix, regular	0.02	0.02
19228	Frostings, cream cheese-flavor, ready-to-eat	0.02	
19247	Frostings, white, fluffy, dry mix, prepared with water	0.02	0.03
19280	Frozen novelties, ice type, lime	0.02	0.01
19332	Puddings, lemon, dry mix, regular	0.02	0.02
19351	Syrups, corn, high-fructose	0.02	0.03
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	0.02	0.04
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	0.02	0.02
42136	Cream substitute, powdered, light	0.02	0.01
42270	Beverages, Orange juice drink	0.02	0.02
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	0.02	0.00
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	0.02	0.00
43019	Salad dressing, sweet and sour	0.02	0.01

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	0.02	0.01
43346	Frozen novelties, juice type, orange	0.02	0.02
43401	Beverages, coffee, instant, with whitener, reduced calorie	0.02	0.01
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	0.02	0.01
43479	Alcoholic beverage, rice (sake)	0.02	0.01
44005	Oil, corn, peanut, and olive	0.02	0.00
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	0.02	
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	0.01	
19107	Candies, hard	0.01	0.03
19164	Candies, SPECIAL DARK Chocolate Bar	0.01	0.02
19172	Gelatin desserts, dry mix	0.01	0.12
19173	Gelatin desserts, dry mix, prepared with water	0.01	0.02
19181	Candies, YORK BITES	0.01	0.00
19244	Frostings, vanilla, creamy, dry mix	0.01	0.04
19246	Frostings, white, fluffy, dry mix	0.01	0.04
19335	Sugars, granulated	0.01	0.01
19336	Sugars, powdered	0.01	0.01
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	0.01	0.00
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	0.01	0.03
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	0.01	0.12
19907	Sweeteners, for baking, contains sugar and sucralose	0.01	0.01
19912	Sweetener, syrup, agave	0.01	0.01
42151	Vegetable oil-butter spread, reduced calorie	0.01	0.00
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	0.01	0.00
43268	Whipped cream substitute, dietetic, made from powdered mix	0.01	0.02
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	0.01	0.01
01003	Butter oil, anhydrous	0.01	0.00
01072	Dessert topping, pressurized	0.01	0.02
02052	Vanilla extract, imitation, no alcohol	0.01	0.00
02053	Vinegar, distilled	0.01	0.01
03220	Babyfood, dessert, dutch apple, strained	0.01	0.06
04042	Oil, peanut, salad or cooking	0.01	0.00
04044	Oil, soybean, salad or cooking	0.01	0.00
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	0.01	0.00
04699	Oil, industrial, soy, low linolenic	0.01	0.00
04700	Oil, industrial, soy, ultra low linolenic	0.01	0.00

14711 Oil, indianali, voy, fully hydrogenated 0.11 0.00 18032 Soug, beaf front to broatlina, provider, prepased vidi water 0.01	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
6675 Sop, bef broth or bouillen, peruder, prepared with water 0.01 — 6876 Sop, bef broth, cibed, prepared with water 0.01 — 6681 Sop, chicken broth or buillen, day, prepared with water 0.01 — 6681 Sop, chicken broth or buillen, day, prepared with water 0.01 — 6682 Cereals really to eat, MONS BIRST, florey Nat TOASTY OS 0.01 — 16003 Alcoholic beverage, beer, regular, all 0.01 0.00 14005 Alcoholic beverage, beer, fight, BUDWESHS SELECT 0.01 0.00 14013 Alcoholic beverage, beer, light, BUDWESHS SELECT 0.01 0.00 14013 Alcoholic beverage, beer, light, Row carb 0.01 0.00 14013 Alcoholic beverage, beer, light, low carb 0.01 0.00 14018 Beverages, COCON SUPLAY, Cran beergy, Carberry Frengy Juice Drob 0.01 0.00 14119 Beverages, Mixed vegetable and fruit pite drink, with added nutrients 0.01 0.01 14141 Beverages, carbonated, low caloric, colo or peper-type, with apartame, without carleties 0.01 0.00	04701	Oil, industrial, soy, fully hydrogenated	0.01	0.00
06476 Soup, beef broth, cubed, prepared with water 0.01 — 06480 Soup, chicken broth or bouillin, uby, prepared with water 0.01 — 06481 Soup, chicken broth or bouillin, uby, prepared with water 0.01 — 06481 Soup, chicken broth cabes, day, prepared with water 0.01 — 14003 Abcoloile beverage, beer, regalar, all 0.01 — 14005 Abcoloile beverage, beer, light 0.01 0.00 14005 Abcoloile beverage, beer, light 0.01 0.01 14013 Abcoloile beverage, beer, light, low carb 0.01 0.01 1408 Beverages, MINUTE MAID, Lemonda, Lamade 0.01 0.01 1409 Beverages, MiNUTE MAID, Lemonda, Lamade 0.01 0.01 1414 Beverages, will contact, lemon-lime sod, no carthine 0.01 0.01 1414 Beverages, carbonated, low caliditic, colo or peper-type, with apparatume, without caffeire 0.01 0.00 14147 Beverages, Carbonated, low calonitic, color, or peper-type, with apparatume, without caffeire 0.01 0.01 14149 Bev	06032	Soup, beef broth bouillon and consomme, canned, condensed	0.01	0.00
06480 Soup, chicken broth or bouillon, dry, prepared with water 0.01 0.00 06481 Soup, chicken broth cubes, dry, prepared with water 0.01 0.00 08401 Ceruba ready-bear, MONS BERT, hose, Nar TOASTY OS 0.01 0.00 14003 Alcoholic beverage, heer, leght, MUWRISER SELFCT 0.01 0.00 14016 Alcoholic beverage, heer, light, MUWRISER SELFCT 0.01 0.00 14013 Alcoholic beverage, beer, light, low carb 0.01 0.00 14028 Beverages, CCEAN SPRAY, Cron-Energy, Crinberry Energy Juice Drink 0.01 0.00 1405 Beverages, CCEAN SPRAY, Cron-Energy, Crinberry Energy Juice Drink 0.01 0.02 1414 Beverages, Collegan, Mixed vegetable and fruit juice drink, with added nurients 0.01 0.02 1414 Beverages, carbonated, lemon-line such, nr carfeine 0.01 0.00 1414 Beverages, carbonated, lemon-line such, nr carfeine 0.01 0.00 1414 Beverages, carbonated, lemon-line such, nr carfeine 0.01 0.00 1414 Beverages, carbonated, lemon-line such, nr carfeine 0.01 0.00	06475	Soup, beef broth or bouillon, powder, prepared with water	0.01	
6681 Song, chicken broth cubes, dry, prepared with water 0.00 0.00 08491 Cereals ready-to-cut, MOMS BEST, Honey Nat TOASTY OS 0.01	06476	Soup, beef broth, cubed, prepared with water	0.01	
08491 Cereals ready-to-eat, MOM'S BENT, Honey Net TOASITY O'S 0.01 0.00 14003 Alcoholic beverage, beer, right 0.01 0.00 14006 Alcoholic beverage, beer, light 0.01 0.00 14016 Alcoholic beverage, beer, light 0.01 0.00 14013 Alcoholic beverage, beer, light, low carb 0.01 0.00 14018 Beverages, beer, light, low carb 0.01 0.02 14018 Beverages, beer, light, low carb 0.01 0.02 14018 Beverages, cept. SPEAY, Cran-Energy, Cruberty Energy Juice Drink 0.01 0.02 14109 Beverages, MINUTE MAID, Lemonada, Limeade 0.01 0.02 14114 Beverages, Carbonated, low caloric, cola or pepper-type, with aspartame, without calfeine 0.01 0.00 14147 Beverages, carbonated, low caloric, cola or pepper-type, with aspartame, without calfeine 0.01 0.00 14149 Beverages, carbonated, without calfeine 0.01 0.00 14140 Beverages, carbonated, low caloric, delay	06480	Soup, chicken broth or bouillon, dry, prepared with water	0.01	
Acobolic beverage, beer, regular, all	06481	Soup, chicken broth cubes, dry, prepared with water	0.01	0.00
14005 Alcoholic beverage, beer, light 0.00 0.00 14006 Alcoholic beverage, beer, light 0.00	08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	0.01	
14006 Alcoholic beverage, beer, light 0.00 14013 Alcoholic beverage, beer, light, low carb 0.01 0.00 14038 Beverages, OCEAN SPRAY, Cran-Energy, Cramberry Energy Juice Drink 0.01 0.02 14055 Beverages, MINUTE MAID, Lemonada, Limeade 0.01 0.02 14119 Beverages, Milved vegetable and fruit juice drink, with added nutrients 0.01 0.00 14144 Beverages, carbonated, Incon-lime soda, no carbiene 0.01 0.00 14147 Beverages, carbonated, love alorits, colo or perper-type, with aspartame, without carbiene 0.01 0.00 14147 Beverages, carbonated, reduced sugar, cola, contains carbiene and sweeteners 0.01 0.00 14148 Beverages, Energy drink, RED BULL 0.0 0.00 14154 Beverages, Energy drink, RED BULL 0.0 0.00 14165 Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C 0.0 0.00 14189 Beverages, tea, green, ready-to-drink, gines gand honey, sweetened 0.01 0.00 14190 Beverages, tea, green, ready-to-drink, lemon, wectened 0.01 0.00	14003	Alcoholic beverage, beer, regular, all	0.01	0.00
14013 Akoholic bevernge, beer, light, low carb 0.01 0.00 14088 Beverages, CCRAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink 0.01 0.02 14095 Beverages, Milked Vegetable and fruit joice drink, with added nutrients 0.01 0.01 14119 Beverages, Carbonated, Low calorie, cola or pepper-type, with aspartame, without caffeine 0.01 0.00 14144 Beverages, carbonated, Low calorie, cola or pepper-type, with aspartame, without caffeine 0.01 0.00 14147 Beverages, carbonated, cola, without caffeine 0.01 0.00 14149 Beverages, carbonated, cola, without caffeine and swecteners 0.01 0.00 14149 Beverages, carbonated, cola, without caffeine and swecteners 0.01 0.00 14154 Beverages, Energy drink, RED BULL 0.01 0.00 14165 Beverages, Lean, grean, ready bradfine 0.01 0.00 14174 Beverages, Lean, grean, ready bradfink light, fortified with vitamin E and C 0.01 0.02 14188 Beverages, The COCA-COLA company, Minute Maid, Lemonade 0.01 0.00 14199 Beverages, tea, jeen, ready-to-	14005	Alcoholic beverage, beer, light, BUDWEISER SELECT	0.01	0.00
14038 Beverages, OCEAN SPRAY, Cran-Energy, Cranherry Energy Juice Drink	14006	Alcoholic beverage, beer, light	0.01	0.01
14095 Beverages, MINUTE MAID, Lemonada, Limeade 0.01 0.02 14119 Beverages, Mixed vegetable and fruit juice drink, with added nutrients 0.01 0.01 14144 Beverages, carbonated, Lomon-lime soda, no caffeine 0.01 0.00 14146 Beverages, carbonated, low caloric, col a or pepper-type, with aspartame, without caffeine 0.01 0.00 14147 Beverages, carbonated, cola, without caffeine 0.01 0.00 14149 Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners 0.01 0.00 14154 Beverages, carbonated, limeade, high caffeine 0.01 0.00 14165 Beverages, carbonated finit juice drink light, fortified with vitamin E and C 0.01 0.00 14174 Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C 0.01 0.00 14188 Beverages, tem green, ready to drink, ginseng and honey, sweetened 0.01 0.00 14189 Beverages, tea, jecen, ready-to-drink, diet 0.01 0.00 14200 Beverages, tea, jecen, ready-to-drink, lemon, diet 0.01 0.01 14216 Beverages, tea, jecen,	14013	Alcoholic beverage, beer, light, low carb	0.01	0.00
14119 Beverages, Mixed vegetable and fruit juice drink, with added nutrients 0.01 0.00 14144 Beverages, carbonated, lemon-lime soda, no caffcine 0.01 0.00 14146 Beverages, carbonated, cola, without caffeine 0.01 0.00 14147 Beverages, carbonated, cola, without caffeine 0.01 0.00 14149 Beverages, carbonated, cola, without caffeine and sweeteners 0.01 0.00 14154 Beverages, Energy drink, RED BULL 0.01 0.00 14165 Beverages, Lemonated fruit juice drink light, fortified with vitamin E and C 0.01 0.00 14174 Beverages, Lemonated fruit juice drink light, fortified with vitamin E and C 0.01 0.02 14188 Beverages, Lemonated fruit juice drink light, fortified with vitamin E and C 0.01 0.02 14189 Beverages, The COCA-COLA company, Minute Maid, Lemonade 0.01 0.00 14190 Beverages, Lea, green, ready-to-drink, diet 0.01 0.00 14206 Beverages, Lea, green, ready-to-drink, lemon, sweetened 0.01 0.00 14207 Beverages, Lea, ready-to-drink, lemon, diet 0.01 </td <td>14038</td> <td>Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink</td> <td>0.01</td> <td></td>	14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	0.01	
14144 Beverages, carbonated, lemon-lime soda, no caffeine 0.01 0.00 14146 Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine 0.01 0.00 14147 Beverages, carbonated, cola, without caffeine 0.01 0.00 14149 Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners 0.01 0.00 14154 Beverages, Energy drink, RED BULL 0.01 0.00 14165 Beverages, Lemonated finit juice drink light, fortified with vitamin E and C 0.01 0.01 14174 Beverages, Lemonated finit juice drink light, fortified with vitamin E and C 0.01 0.02 14188 Beverages, Lea, green, ready to drink, sinseng and honey, sweetened 0.01 0.00 14189 Beverages, Lea, green, ready-to-drink, died. 0.01 0.00 14206 Beverages, Lea, green, ready-to-drink, died months weetened 0.01 0.00 14207 Beverages, Cage, ready-to-drink, sweetened 0.01 0.00 14215 Beverages, Coffee, instant, regular, prepared with water 0.01 0.01 14219 Beverages, Coffee, instant, decaffeina	14095	Beverages, MINUTE MAID, Lemonada, Limeade	0.01	0.02
14146 Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine 0.01 0.00 14147 Beverages, carbonated, cola, without caffeine 0.01 0.00 14149 Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners 0.01 0.00 14154 Beverages, Energy drink, RED BULL 0.01 0.00 14165 Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C 0.01 0.02 14174 Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C 0.01 0.02 14188 Beverages, tea, green, ready to drink, ginseng and honey, sweetened 0.01 0.00 14190 Beverages, tea, green, ready-to-drink, liet 0.01 0.00 14190 Beverages, tea, preen, ready-to-drink, lemon, sweetened 0.01 0.01 14206 Beverages, tea, preen, ready-to-drink, lemon, diet 0.01 0.00 14207 Beverages, tea, ready-to-drink, lemon, diet 0.01 0.00 14215 Beverages, coffee, instant, regular, prepared with water 0.01 0.01 14223 Beverages, Coffee, instant, decaffeinated, pr	14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	0.01	0.01
14147 Beverages, carbonated, cola, without caffeine 0.01 0.00 14149 Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners 0.01 0.00 14154 Beverages, Energy drink, RED BULL 0.01 0.00 14165 Beverages, Lemonated, limeade, high caffeine 0.01 0.01 14174 Beverages, Lemonated fruit juice drink light, fortified with vitamin E and C 0.01 0.02 14188 Beverages, tea, green, ready to drink, ginseng and honey, sweetened 0.01 0.00 14189 Beverages, tea, green, ready to drink, diet 0.01 0.00 14190 Beverages, tea, pready-to-drink, diet 0.01 0.00 14206 Beverages, tea, pready-to-drink, lemon, sweetened 0.01 0.01 14207 Beverages, tea, ready-to-drink, lemon, diet 0.01 0.00 14215 Beverages, tea, ready-to-drink, lemon, diet 0.01 0.01 14221 Beverages, coffee, instant, regular, prepared with water 0.01 0.01 14223 Beverages, coffee, instant, chicory 0.01 0.01 14234 B	14144	Beverages, carbonated, lemon-lime soda, no caffeine	0.01	0.00
14149 Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners 0.01 0.00 14154 Beverages, Energy drink, RED BULL 0.01 0.00 14165 Beverages, carbonated, limeade, high caffeine 0.01 0.01 14174 Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C 0.01 0.02 14188 Beverages, Lea, green, ready to drink, ginseng and honey, sweetened 0.01 0.00 14189 Beverages, The COCA-COLA company, Minute Maid, Lemonade 0.01 0.00 14190 Beverages, tea, green, ready-to-drink, diet 0.01 0.00 14206 Beverages, tea, black, ready-to-drink, lemon, sweetened 0.01 0.00 14207 Beverages, tea, green, ready-to-drink, sweetened 0.01 0.00 14208 Beverages, coffee, instant, elemon, diet 0.01 0.00 14215 Beverages, coffee, instant, decaffeinated, prepared with water 0.01 0.01 14223 Beverages, coffee, instant, decaffeinated, prepared with water 0.01 0.00 14233 Beverages, OCEAN SPRAY, Cran Lemonade 0.01 0.01	14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	0.01	0.00
14154 Beverages, Energy drink, RED BULL 0.01 0.00 14165 Beverages, carbonated, limeade, high caffeine 0.01 0.01 14174 Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C 0.01 0.02 14188 Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C 0.01 0.00 14189 Beverages, tea, green, ready to drink, ginseng and honey, sweetened 0.01 0.02 14190 Beverages, tea, preen, ready-to-drink, diet 0.01 0.00 14199 Beverages, tea, preen, ready-to-drink, lemon, sweetened 0.01 0.01 14206 Beverages, tea, ready-to-drink, lemon, sweetened 0.01 0.00 14207 Beverages, tea, ready-to-drink, lemon, diet 0.01 0.00 14215 Beverages, coffee, instant, cegular, prepared with water 0.01 0.01 14216 Beverages, coffee, instant, decaffeinated, prepared with water 0.01 - 14223 Beverages, coffee, instant, chicory 0.01 - 14234 Beverages, OCEAN SPRAY, Cran Lemonade 0.01 0.01 14235 Beverages, Coffee, substitute, cereal grain beverage, prepared with water	14147	Beverages, carbonated, cola, without caffeine	0.01	0.00
14165 Beverages, carbonated, limeade, high caffeine 0.01 0.01 14174 Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C 0.01 0.02 14188 Beverages, tea, green, ready to drink, ginseng and honey, sweetened 0.01 0.00 14189 Beverages, The COCA-COLA company, Minute Maid, Lemonade 0.01 0.02 14190 Beverages, tea, green, ready-to-drink, diet 0.01 0.01 14199 Beverages, tea, green, ready-to-drink, lemon, sweetened 0.01 0.01 14206 Beverages, tea, green, ready-to-drink, lemon, diet 0.01 0.00 14215 Beverages, coffee, instant, regular, prepared with water 0.01 0.01 14219 Beverages, coffee, instant, decaffeinated, prepared with water 0.01 0.01 14219 Beverages, coffee, instant, chicory 0.01 0.01 14223 Beverages, Coffee, instant, chicory 0.01 0.01 14234 Beverages, OCEAN SPRAY, Cran Lemonade 0.01 0.01 14237 Beverages, coffee substitute, cereal grain beverage, prepared with water 0.01 0.01 <	14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	0.01	0.00
14174 Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C 0.01 0.02 14188 Beverages, tea, green, ready to drink, ginseng and honey, sweetened 0.01 0.00 14189 Beverages, The COCA-COLA company, Minute Maid, Lemonade 0.01 0.00 14190 Beverages, tea, green, ready-to-drink, diet 0.01 0.00 14199 Beverages, tea, black, ready-to-drink, lemon, sweetened 0.01 0.00 14206 Beverages, tea, ready-to-drink, lemon, diet 0.01 0.00 14207 Beverages, tea, ready-to-drink, lemon, diet 0.01 0.00 14215 Beverages, coffee, instant, regular, prepared with water 0.01 0.01 14219 Beverages, coffee, instant, decaffeinated, prepared with water 0.01 0.01 14223 Beverages, coffee, instant, chicory 0.01 0.00 14234 Beverages, OCEAN SPRAY, Cran Lemonade 0.01 0.01 14235 Beverages, Coffee substitute, cereal grain beverage, prepared with water 0.01 0.01 14236 Alcoholic beverage, malt beer, hard lemonade 0.01 0.01 14248 Alcoholic beverage, beer, light, higher alcohol	14154	Beverages, Energy drink, RED BULL	0.01	0.00
14188 Beverages, tea, green, ready to drink, ginseng and honey, sweetened 0.01 0.00 14189 Beverages, The COCA-COLA company, Minute Maid, Lemonade 0.01 0.02 14190 Beverages, tea, green, ready-to-drink, diet 0.01 0.00 14199 Beverages, tea, black, ready-to-drink, lemon, sweetened 0.01 0.01 14206 Beverages, tea, green, ready-to-drink, sweetened 0.01 0.00 14207 Beverages, tea, ready-to-drink, lemon, diet 0.01 0.00 14215 Beverages, coffee, instant, regular, prepared with water 0.01 0.01 14219 Beverages, coffee, instant, chicory 0.01 14223 Beverages, coffee, instant, chicory 0.01 14234 Beverages, OCEAN SPRAY, Cran Lemonade 0.01 0.01 14235 Beverages, OCEAN SPRAY, Diet Cran Cherry 0.01 0.01 14237 Beverages, coffee substitute, cereal grain beverage, prepared with water 0.01 0.01 14239 Alcoholic beverage, malt beer, hard lemonade 0.01 0.01 14248 Alcoholic beverage, be	14165	Beverages, carbonated, limeade, high caffeine	0.01	0.01
14189 Beverages, The COCA-COLA company, Minute Maid, Lemonade 0.01 0.02 14190 Beverages, tea, green, ready-to-drink, diet 0.01 0.00 14199 Beverages, tea, black, ready-to-drink, lemon, sweetened 0.01 0.01 14206 Beverages, tea, green, ready-to-drink, lemon, diet 0.01 0.00 14207 Beverages, tea, ready-to-drink, lemon, diet 0.01 0.00 14215 Beverages, coffee, instant, regular, prepared with water 0.01 0.01 14219 Beverages, coffee, instant, decaffeinated, prepared with water 0.01 14223 Beverages, coffee, instant, chicory 0.01 14234 Beverages, OCEAN SPRAY, Cran Lemonade 0.01 0.01 14235 Beverages, OCEAN SPRAY, Diet Cran Cherry 0.01 0.01 14237 Beverages, coffee substitute, cereal grain beverage, prepared with water 0.01 0.01 14239 Alcoholic beverage, malt beer, hard lemonade 0.01 0.01 14248 Alcoholic beverage, beer, light, higher alcohol 0.01 0.01	14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	0.01	0.02
14190 Beverages, tea, green, ready-to-drink, diet 0.01 0.00 14199 Beverages, tea, black, ready-to-drink, lemon, sweetened 0.01 0.01 14206 Beverages, tea, green, ready-to-drink, sweetened 0.01 0.00 14207 Beverages, tea, ready-to-drink, lemon, diet 0.01 0.00 14215 Beverages, coffee, instant, regular, prepared with water 0.01 0.01 14219 Beverages, coffee, instant, decaffeinated, prepared with water 0.01 14223 Beverages, coffee, instant, chicory 0.01 14234 Beverages, OCEAN SPRAY, Cran Lemonade 0.01 0.00 14235 Beverages, OCEAN SPRAY, Diet Cran Cherry 0.01 0.01 14237 Beverages, coffee substitute, cereal grain beverage, prepared with water 0.01 0.01 14239 Alcoholic beverage, malt beer, hard lemonade 0.01 0.01 14248 Alcoholic beverage, beer, light, higher alcohol 0.01 0.01	14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	0.01	0.00
14199 Beverages, tea, black, ready-to-drink, lemon, sweetened 0.01 0.01 14206 Beverages, tea, green, ready-to-drink, sweetened 0.01 0.00 14207 Beverages, tea, ready-to-drink, lemon, diet 0.01 0.00 14215 Beverages, coffee, instant, regular, prepared with water 0.01 0.01 14219 Beverages, coffee, instant, decaffeinated, prepared with water 0.01 14223 Beverages, coffee, instant, chicory 0.01 14234 Beverages, OCEAN SPRAY, Cran Lemonade 0.01 0.00 14235 Beverages, OCEAN SPRAY, Diet Cran Cherry 0.01 0.01 14237 Beverages, coffee substitute, cereal grain beverage, prepared with water 0.01 0.01 14239 Alcoholic beverage, malt beer, hard lemonade 0.01 0.01 14248 Alcoholic beverage, beer, light, higher alcohol 0.01 0.01	14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	0.01	0.02
14206 Beverages, tea, green, ready-to-drink, sweetened 0.01 0.00 14207 Beverages, tea, ready-to-drink, lemon, diet 0.01 0.00 14215 Beverages, coffee, instant, regular, prepared with water 0.01 0.01 14219 Beverages, coffee, instant, decaffeinated, prepared with water 0.01 14223 Beverages, coffee, instant, chicory 0.01 14234 Beverages, OCEAN SPRAY, Cran Lemonade 0.01 0.00 14235 Beverages, OCEAN SPRAY, Diet Cran Cherry 0.01 0.01 14237 Beverages, coffee substitute, cereal grain beverage, prepared with water 0.01 0.01 14239 Alcoholic beverage, malt beer, hard lemonade 0.01 0.01 14248 Alcoholic beverage, beer, light, higher alcohol 0.01 0.01	14190	Beverages, tea, green, ready-to-drink, diet	0.01	0.00
14207Beverages, tea, ready-to-drink, lemon, diet0.010.0014215Beverages, coffee, instant, regular, prepared with water0.010.0114219Beverages, coffee, instant, decaffeinated, prepared with water0.0114223Beverages, coffee, instant, chicory0.0114234Beverages, OCEAN SPRAY, Cran Lemonade0.010.0014235Beverages, OCEAN SPRAY, Diet Cran Cherry0.010.0114237Beverages, coffee substitute, cereal grain beverage, prepared with water0.010.0114239Alcoholic beverage, malt beer, hard lemonade0.010.0114248Alcoholic beverage, beer, light, higher alcohol0.010.01	14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	0.01	0.01
Beverages, coffee, instant, regular, prepared with water Beverages, coffee, instant, decaffeinated, prepared with water Beverages, coffee, instant, chicory Beverages, coffee, instant, chicory Beverages, OCEAN SPRAY, Cran Lemonade Beverages, OCEAN SPRAY, Diet Cran Cherry Beverages, OCEAN SPRAY, Diet Cran Cherry Beverages, coffee substitute, cereal grain beverage, prepared with water Beverages, coffee substitute, cereal grain beverage, prepared with water Alcoholic beverage, malt beer, hard lemonade Alcoholic beverage, beer, light, higher alcohol Out Out Out Out Out Out Out Ou	14206	Beverages, tea, green, ready-to-drink, sweetened	0.01	0.00
Beverages, coffee, instant, decaffeinated, prepared with water Beverages, coffee, instant, chicory Beverages, coffee, instant, chicory Beverages, OCEAN SPRAY, Cran Lemonade Doll 0.00 Beverages, OCEAN SPRAY, Diet Cran Cherry Beverages, OCEAN SPRAY, Diet Cran Cherry Beverages, coffee substitute, cereal grain beverage, prepared with water Alcoholic beverage, malt beer, hard lemonade Alcoholic beverage, beer, light, higher alcohol Doll 0.01 Doll 0.01	14207	Beverages, tea, ready-to-drink, lemon, diet	0.01	0.00
Beverages, coffee, instant, chicory Beverages, OCEAN SPRAY, Cran Lemonade 0.01 0.00 Beverages, OCEAN SPRAY, Diet Cran Cherry 0.01 0.01 Beverages, Coffee substitute, cereal grain beverage, prepared with water 0.01 0.01 14237 Beverages, coffee substitute, cereal grain beverage, prepared with water 0.01 0.01 14239 Alcoholic beverage, malt beer, hard lemonade 0.01 0.01 0.01	14215	Beverages, coffee, instant, regular, prepared with water	0.01	0.01
Beverages, OCEAN SPRAY, Cran Lemonade Beverages, OCEAN SPRAY, Diet Cran Cherry Beverages, coffee substitute, cereal grain beverage, prepared with water O.01 Alcoholic beverage, malt beer, hard lemonade Alcoholic beverage, beer, light, higher alcohol O.01 O.01 O.01	14219	Beverages, coffee, instant, decaffeinated, prepared with water	0.01	
Beverages, OCEAN SPRAY, Diet Cran Cherry Beverages, coffee substitute, cereal grain beverage, prepared with water O.01 Alcoholic beverage, malt beer, hard lemonade Alcoholic beverage, beer, light, higher alcohol O.01 O.01	14223	Beverages, coffee, instant, chicory	0.01	
Beverages, coffee substitute, cereal grain beverage, prepared with water 0.01 0.01 14239 Alcoholic beverage, malt beer, hard lemonade 0.01 0.01 14248 Alcoholic beverage, beer, light, higher alcohol 0.01 0.01	14234	Beverages, OCEAN SPRAY, Cran Lemonade	0.01	0.00
Alcoholic beverage, malt beer, hard lemonade 0.01 0.01 14248 Alcoholic beverage, beer, light, higher alcohol 0.01 0.01	14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	0.01	0.01
14248 Alcoholic beverage, beer, light, higher alcohol 0.01 0.01	14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	0.01	0.01
	14239	Alcoholic beverage, malt beer, hard lemonade	0.01	0.01
14251 Alcoholic beverages, beer, higher alcohol 0.01	14248	Alcoholic beverage, beer, light, higher alcohol	0.01	0.01
	14251	Alcoholic beverages, beer, higher alcohol	0.01	0.01

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
14260	Beverages, tea, green, brewed, decaffeinated	0.01	0.00
14261	Beverages, tea, green, ready to drink, unsweetened	0.01	0.00
14264	Beverages, fruit punch drink, without added nutrients, canned	0.01	
14267	Beverages, Fruit punch drink, with added nutrients, canned	0.01	
14278	Beverages, tea, green, brewed, regular	0.01	0.00
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	0.01	0.01
14281	Beverages, tea, black, ready to drink, decaffeinated	0.01	0.01
14288	Lemonade, powder, prepared with water	0.01	0.01
14297	Beverages, lemonade-flavor drink, powder, prepared with water	0.01	0.01
14303	Limeade, frozen concentrate, prepared with water	0.01	0.02
14367	Beverages, tea, instant, unsweetened, prepared with water	0.01	0.01
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	0.01	0.01
14376	Beverages, tea, instant, lemon, diet	0.01	
14407	Beverages, orange-flavor drink, breakfast type, powder	0.01	0.01
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	0.01	
14411	Beverages, water, tap, drinking	0.01	
14412	Beverages, water, tap, well	0.01	0.02
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	0.01	0.00
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	0.01	0.01
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	0.01	0.00
14475	Beverages, ARIZONA, tea, ready-to-drink, lemon	0.01	0.00
14476	Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon	0.01	0.00
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	0.01	
14544	Beverages, tea, black, brewed, prepared with distilled water	0.01	0.01
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	0.01	0.01
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	0.01	0.01
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	0.01	0.00
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	0.01	0.01
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	0.01	0.01
03024	Babyfood, water, bottled, GERBER, without added fluoride.	0.00	
04001	Fat, beef tallow	0.00	
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	0.00	
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	0.00	
04037	Oil, rice bran	0.00	
04038	Oil, wheat germ	0.00	
04053	Oil, olive, salad or cooking	0.00	

9.01, 19.01m 0.01, parlime cooking 0.09	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
04080 Ol, sunfluver, Irmété: (less Han 80%) 0.00 - 04073 Magratic regular, facté, sophean (hydrogenated) 0.00 - 04133 Salad dressing, facté, bome recipe, vinegar and oil 0.00 - 04510 Ol, ectonaced, salad or cooking 0.00 - 04502 Ol, cottonaced, salad or cooking 0.00 - 04510 Oll, sufflower, salad or cooking, lindeic, (cover 70%) 0.00 - 04511 Oll, sufflower, salad or cooking, lindeic, (cover 70%) 0.00 - 04513 Vigenable, oil, palm kernel 0.00 - 04514 Oll, sufflower, salad or cooking, lindeic, (cover 70%) 0.00 - 04514 Oll, poppysed 0.00 - 04515 Oll, sufflower, salad or cooking, lindeic, (cover 70%) 0.00 - 04516 Oll, constances 0.00 - 04517 Oll, pagnessed 0.00 - 04518 Oll, contact, contact and contact an	04055	Oil, palm	0.00	
04073 Margarine, regular, hard, sopbean (hydrogenated) 0.00 01133 Salad dessing, feton, home recipe: 0.00 04155 Salad dessing, feton, home recipe; 0.00 04501 Oil, contonburer 0.00 04502 Oil, contonburer, include: 0.00 04503 Oil, sufflower, include: 0.00 04510 Oil, sufflower, salad or cooking, lindeici, (over 70%) 0.00 04511 Oil, sufflower, salad or cooking, lindeici, (over 70%) 0.00 04513 Vegetable oil, pain kernel 0.00 04514 Oil, prograved 0.00 04515 Oil, tamatosed 0.00 04516 Oil, tamatosed 0.00 04517 Oil, geneseed 0.00 04528 Oil, done include in a least and real, all purpose salad or cooking 0.00 04529 Oil, allout 0.00 04520 Di, almond	04058	Oil, sesame, salad or cooking	0.00	
04133 Salad dressing, french, home recipe 0.00 04135 Salad dressing, home recipe, tungar and oil 0.00 04501 Oil, coccoo butter 0.00 04502 Oil, contonseed, salad or cooking, flowed 0.00 04506 Oil, safflower, flookie, (upprox, 16%) 0.00 04511 Oil, safflower, salad or cooking, high olici (primary safflower oil of commerce) 0.00 04511 Oil, safflower, salad or cooking, high olici (primary safflower oil of commerce) 0.00 04513 Veganific oil, parth bernel 0.00 04514 Oil, pappy send 0.00 04515 Oil, tomaloseed 0.00 04516 Oil, tomaloseed 0.00 04517 Oil, tomaloseed 0.00 04518 Oil, tomaloseed 0.00 04521 Oil, tomaloseed 0.00 04520 Pat, muton tallow 0.00 04521 O	04060	Oil, sunflower, linoleic (less than 60%)	0.00	
04135 Salad dressing, home recipe, winegar and oil 0.00 04501 Oil, cooten butter 0.00 04502 Oil, cottenseal, salad ne cooking 0.00 04505 Oil, sunflower, indocie; (upprox. 65%) 0.00 04510 Oil, sunflower, salad or cooking, lingle, (over 70%) 0.00 04511 Oil, sufflower, salad or cooking, lingle oleic (primary safflower oil of commerce) 0.00 04513 Vegetable oil, plan kerned 0.00 04514 Oil, poply seed 0.00 04515 Oil, tomatoseed 0.00 04517 Oil, grassead 0.00 04518 Oil, corn, industrial and retail, all purpose salad or cooking 0.00 04519 Oil, aminut 0.00 04520 Far, nururu nillow 0.00 04521 Oil, aminut 0.00 04520 Oil, aminut 0.00 04521 Oil, aprico kernel <td>04073</td> <td>Margarine, regular, hard, soybean (hydrogenated)</td> <td>0.00</td> <td></td>	04073	Margarine, regular, hard, soybean (hydrogenated)	0.00	
04501 Oil, eccoa butter 0.00 - 04502 Oil, controneed, salad or cooking 0.00 - 04506 Oil, sufflower, timoleic, (opprox, 65%) 0.00 - 04510 Oil, sufflower, salad or cooking, high oleic (primary sufflower oil of commerce) 0.00 - 04511 Oil, sufflower, salad or cooking, high oleic (primary sufflower oil of commerce) 0.00 - 04513 Vegetable oil, pulm kernel 0.00 - 04514 Oil, poppyssed 0.00 - 04515 Oil, tenadeed 0.00 - 04516 Oil, tenadeed 0.00 - 04517 Oil, gapessed 0.00 - 04518 Oil, con, industrial and retail, all purpose salad or cooking 0.00 - 04520 Fat, muton tallow 0.00 - 04523 Oil, almoed 0.00 - 04529 Oil, almoed 0.00 - 04530 Oil, spicot kernel 0.00 - 04531 Oil, spicot kernel 0.	04133	Salad dressing, french, home recipe	0.00	
04501 Ol, conce butter 0,00 04502 Oil, controsed, salad or cooking 0,00 04510 Oil, sufflower, islad or cooking, listoleis, (operot. 6%) 0,00 04511 Oil, sufflower, salad or cooking, listoleis, (over 70%) 0,00 04513 Viegnable oil, pain kemel 0,00 04514 Oil, poppyseed 0,00 04515 Oil, connected 0,00 04516 Oil, connected 0,00 04517 Oil, connected 0,00 04518 Oil, connected 0,00 04519 Oil, connected 0,00 04510 Oil, connected 0,00 04517 Oil, grapessed 0,00 04520 Far, mutora tallow 0,00 04520 Oil, arice tall 0,00 04521 Oil, aprice kend 0,00 04523 Oil, a	04135	Salad dressing, home recipe, vinegar and oil	0.00	
045106 Oil, suntlower, linoleic, (approx. 65%) 0.00 04510 Oil, suntlower, salad or cooking, lindicic, (cover 70%) 0.00 04511 Oil, saflower, salad or cooking, lindice, (cover 70%) 0.00 04513 Visegetable oil, plain kernel 0.00 04514 Oil, poppyseed 0.00 04515 Oil, toustoseed 0.00 04516 Oil, toustoseed 0.00 04517 Oil, grapsseed 0.00 04518 Oil, conn. industrial and retuil, all purpose salad or cooking 0.00 04520 Far, mutton tullow 0.00 04522 Oil, valunor 0.00 04523 Oil, valunor 0.00 04529 Oil, almond 0.00 04531 Oil, poppa lecithin 0.00 04533 Oil, poppa lecithin 0.00 04534 Oil, backenut 0.00	04501	Oil, cocoa butter	0.00	
04500 Oil, sanflower, Intoleic, (optrov. 65%) 0.00 04510 Oil, sanflower, stalad or cooking, light oleic (primary safflower oil of commerce) 0.00 04513 Vegetable oil, palm kernel 0.00 04514 Oil, poppyssed 0.00 04515 Oil, poppyssed 0.00 04516 Oil, teasced 0.00 04517 Oil, grapseed 0.00 04518 Oil, com, industrial and retail, all purpose salad or cooking 0.00 04518 Oil, simulto 0.00 04520 Fat, mutton tallow 0.00 04520 Oil, almod 0.00 04520 Oil, almond 0.00 04521 Oil, almond 0.00 04522 Oil, almond 0.00 04531 Oil, aprice kernel 0.00 04532 Oil, bacelaut 0.00 04533 Oil	04502	Oil, cottonseed, salad or cooking	0.00	
04511 Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce) 0.00 04513 Vegetable oil, palm kernel 0.00 04514 Oil, poppyseed 0.00 04515 Oil, tenaseed 0.00 04516 Oil, tenaseed 0.00 04518 Oil, corn, industrial and retail, all purpose salad or cooking 0.00 04520 Fat, mutton tallow 0.00 04528 Oil, walnut 0.00 04529 Oil, almond 0.00 04530 Oil, apricot kernel 0.00 04531 Oil, soybean lecithin 0.00 04532 Oil, hazelnut 0.00 04534 Oil, babasus 0.00 04535 Oil, sheanut 0.00 04541 Oil, cupu assu 0.00 04542 Fat, chicken 0.00 04543 Oil, soybean, sal	04506	Oil, sunflower, linoleic, (approx. 65%)	0.00	
04511 Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce) 0.00	04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	0.00	
04514 Oil, poppyseed 0.00 - 04515 Oil, tomatosced 0.00 - 04516 Oil, teaseed 0.00 - 04517 Oil, grapesced 0.00 - 04518 Oil, corn, industrial and retail, all purpose salad or cooking 0.00 - 04520 Fat, mutton tailow 0.00 - 04528 Oil, walnut 0.00 - 04529 Oil, almond 0.00 - 04530 Oil, apricot kernel 0.00 - 04531 Oil, soybean lecithin 0.00 - 04532 Oil, hazelnut 0.00 - 04534 Oil, babassu 0.00 - 04535 Oil, shearut 0.00 - 04541 Oil, cupu assu 0.00 - 04542 Fat, chicken 0.00 - 04543 Oil, soybean, salad or cooking, (partially hydrogenated) 0.00 - 04544 Shortening, bousehold, lard and vegetable oil 0.00<	04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	0.00	
04514 Oil, poppyseed 0.00 04515 Oil, comatoseed 0.00 04516 Oil, caseed 0.00 04517 Oil, grapseed 0.00 04528 Oil, corn, industrial and retail, all purpose salad or cooking 0.00 04528 Oil, valnut 0.00 04529 Oil, valnut 0.00 04530 Oil, apricot kernel 0.00 04531 Oil, soybean lecithin 0.00 04532 Oil, hazelnut 0.00 04533 Oil, babassu 0.00 04534 Oil, babassu 0.00 04541 Oil, cupu assu 0.00 04542 Fat, chicken 0.00 04543 Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed 0.00 04544 Shortening in, bousehold, lard and vegetable oil 0.00 04545 Oil, sunf	04513	Vegetable oil, palm kernel	0.00	
04516 Oil, teaseed 0.00 - 04517 Oil, grapeseed 0.00 - 04518 Oil, corn, industrial and retail, all purpose salad or cooking 0.00 - 04520 Fat, mutton tallow 0.00 - 04528 Oil, witton 0.00 - 04529 Oil, almond 0.00 - 04530 Oil, apricot kernel 0.00 - 04531 Oil, soybean lecithin 0.00 - 04532 Oil, bazlenut 0.00 - 04534 Oil, bazlenut 0.00 - 04535 Oil, supu assu 0.00 - 04541 Oil, cupu assu 0.00 - 04542 Fat, chicken 0.00 - 04543 Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed 0.00 - 04544 Shortening, household, lard and vegetable oil 0.00 - 04545 Shortening bread, soybean (hydrogenated) and cottonseed (hydrogenated) 0.00 -	04514	Oil, poppyseed	0.00	
04516 Oil, teaseed 0.00 04517 Oil, grapeseed 0.00 04518 Oil, corn, industrial and retail, all purpose salad or cooking 0.00 04520 Fat, muton tallow 0.00 04529 Oil, admut 0.00 04530 Oil, apricot kernel 0.00 04531 Oil, soybean lecithin 0.00 04532 Oil, bazhost 0.00 04534 Oil, bazhost 0.00 04535 Oil, cupu assu 0.00 04541 Oil, cupu assu 0.00 04542 Fat, chicken 0.00 04543 Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed 0.00 04544 Shortening, household, lard and vegetable oil 0.00 04545 Oil, sunflower, linoleic, (partially hydrogenated) 0.00 04546 Shortening brad, soybean (hydrogenated) and cottonseed (hydrogenated) <t< td=""><td>04515</td><td>Oil, tomatoseed</td><td>0.00</td><td></td></t<>	04515	Oil, tomatoseed	0.00	
04518 Oil, corn, industrial and retail, all purpose salad or cooking	04516	Oil, teaseed	0.00	
04518 Oil, com, industrial and retail, all purpose salad or cooking	04517	Oil, grapeseed	0.00	
04528 Oil, walnut 0.00 - 04529 Oil, almod 0.00 - 04530 Oil, apricot kernel 0.00 - 04531 Oil, soybean lecithin 0.00 - 04532 Oil, hazelnut 0.00 - 04534 Oil, babasu 0.00 - 04536 Oil, sheanut 0.00 - 04541 Oil, cupu assu 0.00 - 04542 Fat, chicken 0.00 - 04543 Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed 0.00 - 04544 Shortening, household, lard and vegetable oil 0.00 - 04545 Oil, sunflower, linoleic, (partially hydrogenated) 0.00 - 04546 Shortening bread, soybean (hydrogenated) and cottonseed 0.00 - 04548 Shortening cake mix, soybean (hydrogenated) and cottonseed 0.00 - 04549 Shortening industrial, lard and vegetable oil 0.00 - 04550 Shortening frying (heavy duty), beef t	04518	Oil, corn, industrial and retail, all purpose salad or cooking	0.00	
04528 Oil, walnut 0.00 04529 Oil, almond 0.00 04530 Oil, apricot kernel 0.00 04531 Oil, soybean lecithin 0.00 04532 Oil, hazelnut 0.00 04534 Oil, babassu 0.00 04536 Oil, sheanut 0.00 04541 Oil, cupu assu 0.00 04542 Fat, chicken 0.00 04543 Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed 0.00 04544 Shortening, household, lard and vegetable oil 0.00 04545 Oil, sunflower, linoleic, (partially hydrogenated) 0.00 04546 Shortening bread, soybean (hydrogenated) and cottonseed 0.00 04549 Shortening industrial, lard and vegetable oil 0.00 04550 Shortening frying (heavy duty), beef tallow and cottonseed 0.00 04551 Shortening confection	04520	Fat, mutton tallow	0.00	
04530 Oil, apricot kernel 0.00 04531 Oil, soybean lecithin 0.00 04532 Oil, hazelnut 0.00 04534 Oil, babassu 0.00 04536 Oil, sheanut 0.00 04541 Oil, cupu assu 0.00 04542 Fat, chicken 0.00 04543 Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed 0.00 04544 Shortening, household, lard and vegetable oil 0.00 04545 Oil, sunflower, linoleic, (partially hydrogenated) 0.00 04546 Shortening bread, soybean (hydrogenated) and cottonseed 0.00 04548 Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated) 0.00 04549 Shortening industrial, lard and vegetable oil 0.00 04550 Shortening frying (heavy duty), beef tallow and cottonseed 0.00 04551 Shortening roccount (hydrogenated) and or palm kernel (hydrogenated) 0.00	04528	Oil, walnut	0.00	
04530 Oil, apricot kernel 0.00 04531 Oil, soybean lecithin 0.00 04532 Oil, hazelnut 0.00 04534 Oil, babassu 0.00 04536 Oil, sheanut 0.00 04541 Oil, cupu assu 0.00 04542 Fat, chicken 0.00 04543 Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed 0.00 04544 Shortening, household, lard and vegetable oil 0.00 04545 Oil, sunflower, linoleic, (partially hydrogenated) 0.00 04546 Shortening bread, soybean (hydrogenated) and cottonseed 0.00 04548 Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated) 0.00 04549 Shortening industrial, lard and vegetable oil 0.00 04550 Shortening frying (heavy duty), beef tallow and cottonseed 0.00 04551 Shortening content, coconut (hydrogenated) and or palm kernel (hydrogenated) 0.00	04529	Oil, almond	0.00	
04532 Oil, hazelnut 0.00 04534 Oil, babassu 0.00 04536 Oil, sheanut 0.00 04541 Oil, cupu assu 0.00 04542 Fat, chicken 0.00 04543 Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed 0.00 04544 Shortening, household, lard and vegetable oil 0.00 04545 Oil, sunflower, linoleic, (partially hydrogenated) 0.00 04546 Shortening bread, soybean (hydrogenated) and cottonseed 0.00 04548 Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated) 0.00 04549 Shortening industrial, lard and vegetable oil 0.00 04550 Shortening frying (heavy duty), beef tallow and cottonseed 0.00 04551 Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated) 0.00	04530	Oil, apricot kernel	0.00	
04532 Oil, hazelnut 0.00 04534 Oil, babassu 0.00 04536 Oil, sheanut 0.00 04541 Oil, cupu assu 0.00 04542 Fat, chicken 0.00 04543 Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed 0.00 04544 Shortening, household, lard and vegetable oil 0.00 04545 Oil, sunflower, linoleic, (partially hydrogenated) 0.00 04546 Shortening bread, soybean (hydrogenated) and cottonseed 0.00 04548 Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated) 0.00 04549 Shortening industrial, lard and vegetable oil 0.00 04550 Shortening frying (heavy duty), beef tallow and cottonseed 0.00 04551 Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated) 0.00	04531	Oil, soybean lecithin	0.00	
04536 Oil, sheanut 0.00 04541 Oil, cupu assu 0.00 04542 Fat, chicken 0.00 04543 Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed 0.00 04544 Shortening, household, lard and vegetable oil 0.00 04545 Oil, sunflower, linoleic, (partially hydrogenated) 0.00 04546 Shortening bread, soybean (hydrogenated) and cottonseed 0.00 04548 Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated) 0.00 04549 Shortening industrial, lard and vegetable oil 0.00 04550 Shortening frying (heavy duty), beef tallow and cottonseed 0.00 04551 Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated) 0.00	04532	Oil, hazelnut	0.00	
04536 Oil, sheanut 0.00 04541 Oil, cupu assu 0.00 04542 Fat, chicken 0.00 04543 Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed 0.00 04544 Shortening, household, lard and vegetable oil 0.00 04545 Oil, sunflower, linoleic, (partially hydrogenated) 0.00 04546 Shortening bread, soybean (hydrogenated) and cottonseed 0.00 04548 Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated) 0.00 04549 Shortening industrial, lard and vegetable oil 0.00 04550 Shortening frying (heavy duty), beef tallow and cottonseed 0.00 04551 Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated) 0.00	04534	Oil, babassu	0.00	
Fat, chicken 04543 Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed 04544 Shortening, household, lard and vegetable oil 04545 Oil, sunflower, linoleic, (partially hydrogenated) 04546 Shortening bread, soybean (hydrogenated) and cottonseed 04548 Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated) 04549 Shortening industrial, lard and vegetable oil 04550 Shortening frying (heavy duty), beef tallow and cottonseed 04551 Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated) 0550 Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated) 0550 Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated) 0550 Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	04536	Oil, sheanut	0.00	
Fat, chicken Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed Oil, soybean, salad or cooking, (partially hydrogenated) Oil, soybean, salad or cooking, (partially hydrogenated) Oil, sunflower, linoleic, (partially hydrogenated) Oi	04541	Oil, cupu assu	0.00	
Shortening, household, lard and vegetable oil Oil, sunflower, linoleic, (partially hydrogenated) O4545 Oil, sunflower, linoleic, (partially hydrogenated) O4546 Shortening bread, soybean (hydrogenated) and cottonseed O4548 Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated) O4549 Shortening industrial, lard and vegetable oil O4550 Shortening frying (heavy duty), beef tallow and cottonseed O4551 Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated) O4551 O45	04542	Fat, chicken	0.00	
Shortening, household, lard and vegetable oil Oil, sunflower, linoleic, (partially hydrogenated) Oil, sunflower, linoleic, (partially hydrogenated) Other Shortening bread, soybean (hydrogenated) and cottonseed Other Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated) Other Shortening industrial, lard and vegetable oil Other Shortening frying (heavy duty), beef tallow and cottonseed Other Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated) Other Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated) Other Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	0.00	
Shortening bread, soybean (hydrogenated) and cottonseed Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated) Shortening industrial, lard and vegetable oil Shortening frying (heavy duty), beef tallow and cottonseed Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated) Shortening confectionery, coconut (hydrogenated)	04544	Shortening, household, lard and vegetable oil	0.00	
Shortening bread, soybean (hydrogenated) and cottonseed Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated) Shortening industrial, lard and vegetable oil Shortening frying (heavy duty), beef tallow and cottonseed Shortening frying (heavy duty), beef tallow and cottonseed Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated) Shortening confectionery, coconut (hydrogenated)	04545	Oil, sunflower, linoleic, (partially hydrogenated)	0.00	
Shortening industrial, lard and vegetable oil Shortening frying (heavy duty), beef tallow and cottonseed Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated) Shortening confectionery, coconut (hydrogenated) Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	04546	Shortening bread, soybean (hydrogenated) and cottonseed	0.00	
Shortening industrial, lard and vegetable oil Shortening frying (heavy duty), beef tallow and cottonseed Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated) Shortening confectionery, coconut (hydrogenated) Shortening confectionery, coconut (hydrogenated) Shortening confectionery, coconut (hydrogenated) Shortening frying (heavy duty), beef tallow and cottonseed O.00	04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	0.00	
O4551 Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	04549	Shortening industrial, lard and vegetable oil	0.00	
Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated) 0.00	04550	Shortening frying (heavy duty), beef tallow and cottonseed	0.00	
O4554 Shortening industrial, soybean (hydrogenated) and cottonseed	04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	0.00	
	04554	Shortening industrial, soybean (hydrogenated) and cottonseed	0.00	

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
04556	Shortening frying (heavy duty), palm (hydrogenated)	0.00	
04559	Shortening household soybean (hydrogenated) and palm	0.00	
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	0.00	
04570	Shortening, confectionery, fractionated palm	0.00	
04572	Oil, nutmeg butter	0.00	
04573	Oil, ucuhuba butter	0.00	
04574	Fat, duck	0.00	
04575	Fat, turkey	0.00	
04576	Fat, goose	0.00	
04581	Oil, avocado	0.00	
04582	Oil, canola	0.00	
04583	Oil, mustard	0.00	
04584	Oil, sunflower, high oleic (70% and over)	0.00	
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	0.00	
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	0.00	
04588	Oil, oat	0.00	
04589	Fish oil, cod liver	0.00	
04590	Fish oil, herring	0.00	
04591	Fish oil, menhaden	0.00	
04592	Fish oil, menhaden, fully hydrogenated	0.00	
04593	Fish oil, salmon	0.00	
04594	Fish oil, sardine	0.00	
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	0.00	
04606	Meat drippings (lard, beef tallow, mutton tallow)	0.00	
04610	Margarine, regular, 80% fat, composite, stick, with salt	0.00	
04611	Margarine, regular, 80% fat, composite, tub, with salt	0.00	
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	0.00	0.01
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	0.00	
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	0.00	
04615	Shortening, vegetable, household, composite	0.00	
04617	Margarine, regular, 80% fat, composite, stick, without salt	0.00	
04618	Margarine, regular, 80% fat, composite, tub, without salt	0.00	
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	0.00	
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	0.00	
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	0.00	
04642	Oil, industrial, mid-oleic, sunflower	0.00	

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	0.00	
04644	Oil, industrial, canola for salads, woks and light frying	0.00	
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	0.00	
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	0.00	
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	0.00	
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	0.00	
04650	Oil, industrial, soy, refined, for woks and light frying	0.00	
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	0.00	
04652	Oil, industrial, soy (partially hydrogenated), all purpose	0.00	
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	0.00	
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	0.00	
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	0.00	
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	0.00	
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	0.00	
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	0.00	
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	0.00	
04669	USDA Commodity Food, oil, vegetable, soybean, refined	0.00	
04670	USDA Commodity Food, oil, vegetable, low saturated fat	0.00	
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	0.00	
04679	Oil, PAM cooking spray, original	0.00	
04687	Margarine-like spread, BENECOL Light Spread	0.00	
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	0.00	
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	0.00	
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	0.00	0.01
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	0.00	
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	0.00	
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	0.00	
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	0.00	
04698	Oil, industrial, canola, high oleic	0.00	
04702	Oil, industrial, cottonseed, fully hydrogenated	0.00	
06008	Soup, beef broth or bouillon canned, ready-to-serve	0.00	
06075	Soup, beef broth or bouillon, powder, dry	0.00	
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	0.00	
08683	Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares	0.00	
14004	Alcoholic beverage, beer, regular, BUDWEISER	0.00	0.00
14007	Alcoholic beverage, beer, light, BUD LIGHT	0.00	0.00

14022 Sevenges, Encrye drink, Cituss 0.00 0	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
Hesenges, THE COCA-COLA COMPANY, NOS Zero, esergy drink, sugar free with guarana, furnified with vitamins B6 and B12	14021	Beverages, Energy drink, Citrus	0.00	
Beverages, valer, boiled, purebary, prosperate with activoxilants, zero calories 0.00	14022	Beverages, MONSTER energy drink, low carb	0.00	
14031 Beverages, water, bottled, yumberry, pomegnante with anti-oxidants, zero calories 0.000 0.000 0.000 0.001 14061 Alcoholic beverage, dittlled, full, 80 proof 0.000 0.01 14061 Beverages, Energy Drick, wagar free 0.000 14065 Beverages, The COCA-COLA company, Hi-C Flashn' Fruit Punch 0.000 14068 Beverages, The COCA-COLA company, Hi-C Flashn' Fruit Punch 0.000 14073 Beverages, ZFVIA, cola 0.000 14073 Beverages, ZFVIA, cola 0.000 14074 Beverages, ZFVIA, cola 0.000 14074 Beverages, ZFVIA, cola, Grien free 0.000 14075 Beverages, ZFVIA, cola, Grien free 0.000 14076 Beverages, ZFVIA, cola, Grien free 0.000	14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	0.00	
Alcoholic beverage, distilled, voide, 80 proof	14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	0.00	
Alcoholic beverage, distilled, varlax, 80 proof	14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	0.00	
14061 Beverages, Energy Drink, sugar free	14049	Alcoholic beverage, distilled, gin, 90 proof	0.00	0.00
14065 Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch 0.00	14051	Alcoholic beverage, distilled, vodka, 80 proof	0.00	0.01
Beverages, The COCA-COLA company, H.C Plashin' Fruit Punch 0.00	14061	Beverages, Energy Drink, sugar free	0.00	
14073 Beverages, ZEVIA, cola 0.00	14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	0.00	
14073 Beverages, ZEVIA, cola 0,00	14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	0.00	
14075 Beverages, GROLSTEINER BRUNNEN GmbH & December Beverages, CELANDIC, Glacia Natural spring water 0.00 0.00 0.00 14079 Beverages, yellow green colored cirnus soft drink with caffeine 0.00 0.00 0.00 0.00 14079 Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified 0.00 0	14073	Beverages, ZEVIA, cola	0.00	
14075 Beverages, GEROLSTEINER BRUNNEN GmbH & Amp; Co. KG, Gerolsteiner naturally sparkling mineral water, 0.00	14074	Beverages, ZEVIA, cola, caffeine free	0.00	
Beverages, yellow green colored citrus soft drink with calfeine	14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Dr. KG, Gerolsteiner naturally sparkling mineral water,	0.00	
Beverages, yellow green colored citrus soft drink with caffcine 0.00 0.00 14093 Beverages, Tropical Punch, the Color Color company, Glaceau Vitamin Water, Revive Fruit Punch, fortified 0.00 0.00 14143 Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine 0.00 0.00 14151 Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12 0.00 0.00 14161 Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12 0.00 0.00 14161 Beverages, Kiwi Strawberry Juice Drink 0.00 0.00 0.00 14161 Beverages, Kiwi Strawberry Juice Drink 0.00 0.00 0.00 0.00 0.00 14171 Beverages, Condut milk, sweetened, fortified with calcium, vitamins A, B12, D2 0.00	14076	Beverages, ICELANDIC, Glacial Natural spring water	0.00	
14143 Beverages, carbonated, low calorie, other than cola or pepper, without caffeine 0.00 0.02 14151 Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine 0.00 0.02 14156 Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12 0.00 0.00 14161 Beverages, Kiwi Strawberry Juice Drink 0.00 14167 Beverages, POWERADE, Zero, Mixed Berry 0.00 14171 Beverages, POWERADE, Zero, Mixed Berry 0.00 14171 Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2 0.00 14171 Beverages, tea, black, ready-to-drink, irms, diet, fortified with vitamin C 0.00 0.00 14211 Beverages, tea, black, ready-to-drink, irms, diet 0.00 0.00 14226 Beverages, aloe vera juice drink, fortified with Vitamin C 0.00 14270 Beverages, tea, black, ready to drink 0.00 14276 Beverages, Topical Punch, ready-to-drink, peach, diet 0.00 0.00 14380 Beverages,	14079	Beverages, yellow green colored citrus soft drink with caffeine	0.00	
14143 Beverages, carbonated, low calorie, other than cola or pepper, without caffeine 0.00 0.02 14151 Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine 0.00 0.02 14156 Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12 0.00 0.00 14161 Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12 0.00 0.00 14167 Beverages, POWERADE, Zero, Mixed Berry 0.00 0.00 0.00 14171 Beverages, POWERADE, Zero, Mixed Berry 0.00 0.00 0.00 14211 Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C 0.00 0.00 14211 Beverages, tea, black, ready-to-drink, lemon, diet 0.00 0.00 14216 Beverages, tea, black, ready to drink 0.00 0.00 14247 Beverages, tea, black, ready to drink 0.00 0.00 14270 Beverages, tea, black, ready-to-drink 0.00 0.00 14270 Beverages, tea, black, ready-to-drink 0.00 0.00 14270 Beverages, tea, black, ready-to-drink 0.00 0.00 14270 Beverages, tea, black, ready-to-drink, peach, diet 0.00 0.00 14380 Strawberry-flavor beverage mix, powder 0.00 0.00 14381 Beverages, water, bottled, POLAND SPRING 0.00 0.00 14384 Beverages, water, bottled, POLAND SPRING 0.00 0.00 14499 Beverages, water, tottled, POLAND SPRING 0.00 0.00 14490 Beverages, water, tottled, non-carbonated, DANNON 0.00 14429 Beverages, water, tottled, non-carbonated, DANNON 0.00 14420 Beverages, water, tottled, non-carbonated, DANNON 0.00 14420 14420 14420 14420 14420 14420 14420 14420 14420 14420 14420 14420 14420 14420 14420 14420 14420	14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	0.00	
14156 Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12 0.00 0.00 14161 Beverages, Kiwi Strawberry Juice Drink 0.00 14167 Beverages, POWERADE, Zero, Mixed Berry 0.00 14171 Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2 0.00 0.00 14191 Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C 0.00 0.00 14211 Beverages, tea, black, ready-to-drink, lemon, diet 0.00 0.00 14216 Beverages, aloe vera juice drink, fortified with Vitamin C 0.00 14247 Beverages, aloe, kready to drink 0.00 14270 Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer 0.00 14276 Beverages, Tropical Punch, ready-to-drink 0.00 14279 Beverages, tea, black, ready-to-drink, peach, diet 0.00 0.00 14380 Strawberry-flavor beverage mix, powder 0.00 14381 Beverages, water, bottled, POLAND SPRING 0.00	14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	0.00	
14161 Beverages, Kiwi Strawberry Juice Drink 0.00	14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	0.00	0.02
14167 Beverages, POWERADE, Zero, Mixed Berry 0.00	14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	0.00	0.00
14167 Beverages, POWERADE, Zero, Mixed Berry 0.00 14171 Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2 0.00 14191 Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C 0.00 0.00 14211 Beverages, tea, black, ready-to-drink, lemon, diet 0.00 0.00 14216 Beverages, aloe vera juice drink, fortified with Vitamin C 0.00 14247 Beverages, tea, black, ready to drink 0.00 14270 Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer 0.00 14276 Beverages, Tropical Punch, ready-to-drink 0.00 14279 Beverages, tea, black, ready-to-drink, peach, diet 0.00 0.00 14380 Strawberry-flavor beverage mix, powder 0.00 14384 Beverages, water, bottled, PERRIER 0.00 14409 Beverages, water, bottled, POLAND SPRING 0.00 0.00 14429 Beverages, water, tap, municipal 0.00 0.01 14429 Beverages, water, bottled, non-carbonated, DANNON 0.00	14161	Beverages, Kiwi Strawberry Juice Drink	0.00	
Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C Beverages, tea, black, ready-to-drink, lemon, diet Beverages, aloe vera juice drink, fortified with Vitamin C Beverages, aloe vera juice drink, fortified with Vitamin C Beverages, tea, black, ready to drink Beverages, tea, black, ready to drink Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer Beverages, Tropical Punch, ready-to-drink Beverages, tea, black, ready-to-drink, peach, diet Beverages, tea, black, ready-to-drink, peach, diet Beverages, tea, black, ready-to-drink, peach, diet Beverages, water, bottled, PERRIER Beverages, water, bottled, PERRIER Beverages, water, bottled, POLAND SPRING Beverages, orange-flavor drink, breakfast type, low calorie, powder Beverages, water, tap, municipal Beverages, water, bottled, non-carbonated, DANNON	14167	Beverages, POWERADE, Zero, Mixed Berry	0.00	
14191 Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C 0.00 0.00 14211 Beverages, tea, black, ready-to-drink, lemon, diet 0.00 0.00 14216 Beverages, aloe vera juice drink, fortified with Vitamin C 0.00 14247 Beverages, tea, black, ready to drink 0.00 14270 Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer 0.00 14276 Beverages, Tropical Punch, ready-to-drink 0.00 14279 Beverages, tea, black, ready-to-drink, peach, diet 0.00 0.00 14350 Strawberry-flavor beverage mix, powder 0.00 14384 Beverages, water, bottled, PERIER 0.00 14385 Beverages, water, bottled, POLAND SPRING 0.00 14409 Beverages, orange-flavor drink, breakfast type, low calorie, powder 0.00 0.00 14429 Beverages, water, tap, municipal 0.00 0.01 14421 Beverages, water, bottled, non-carbonated, DANNON 0.00	14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	0.00	
14216Beverages, aloe vera juice drink, fortified with Vitamin C0.0014247Beverages, tea, black, ready to drink0.0014270Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer0.0014276Beverages, Tropical Punch, ready-to-drink0.0014279Beverages, tea, black, ready-to-drink, peach, diet0.000.0014350Strawberry-flavor beverage mix, powder0.0014384Beverages, water, bottled, PERRIER0.0014385Beverages, water, bottled, POLAND SPRING0.0014409Beverages, Orange-flavor drink, breakfast type, low calorie, powder0.000.0014429Beverages, water, tap, municipal0.000.0114432Beverages, water, bottled, non-carbonated, DANNON0.00	14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	0.00	
Beverages, tea, black, ready to drink Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer Beverages, Tropical Punch, ready-to-drink Beverages, Tropical Punch, ready-to-drink Beverages, tea, black, ready-to-drink, peach, diet 0.00 14279 Beverages, tea, black, ready-to-drink, peach, diet 0.00 14350 Strawberry-flavor beverage mix, powder 14384 Beverages, water, bottled, PERRIER 0.00 14385 Beverages, water, bottled, POLAND SPRING 0.00 14409 Beverages, Orange-flavor drink, breakfast type, low calorie, powder 0.00 0.00 14429 Beverages, water, tap, municipal Beverages, water, tap, municipal 0.00 14432 Beverages, water, bottled, non-carbonated, DANNON 0.00	14211	Beverages, tea, black, ready-to-drink, lemon, diet	0.00	0.00
Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer 14276 Beverages, Tropical Punch, ready-to-drink 14279 Beverages, tea, black, ready-to-drink, peach, diet 14350 Strawberry-flavor beverage mix, powder 14384 Beverages, water, bottled, PERRIER 14385 Beverages, water, bottled, POLAND SPRING 14409 Beverages, Orange-flavor drink, breakfast type, low calorie, powder 14409 Beverages, water, tap, municipal 14429 Beverages, water, bottled, non-carbonated, DANNON 14432 Beverages, water, bottled, non-carbonated, DANNON 14432 Beverages, water, bottled, non-carbonated, DANNON 15445 Beverages, water, bottled, non-carbonated, DANNON 15456 Beverages, water, bottled, non-carbonated, DANNON 15566 Beverages, water, bottled, non-carbonated, DANNON 15676 Beverages, water, bottled, non-carbonated, DANNON 15776 Beverages, water, bottled, non-carbonated, DANNON	14216	Beverages, aloe vera juice drink, fortified with Vitamin C	0.00	
Beverages, Tropical Punch, ready-to-drink Beverages, tea, black, ready-to-drink, peach, diet O.00 O.00 14350 Strawberry-flavor beverage mix, powder Strawberry-flavor beverage mix, powder Beverages, water, bottled, PERRIER O.00 14384 Beverages, water, bottled, PERRIER O.00 14409 Beverages, Orange-flavor drink, breakfast type, low calorie, powder D.00 O.00 14429 Beverages, water, tap, municipal Beverages, water, bottled, non-carbonated, DANNON O.00 14432 Beverages, water, bottled, non-carbonated, DANNON O.00 O.00 O.00 O.00 O.00 O.0	14247	Beverages, tea, black, ready to drink	0.00	
Beverages, tea, black, ready-to-drink, peach, diet Strawberry-flavor beverage mix, powder Beverages, water, bottled, PERRIER Beverages, water, bottled, PERRIER Beverages, water, bottled, POLAND SPRING Beverages, Orange-flavor drink, breakfast type, low calorie, powder Beverages, water, tap, municipal Beverages, water, bottled, non-carbonated, DANNON Beverages, water, bottled, non-carbonated, DANNON Beverages, water, tap, municipal Beverages, water, bottled, non-carbonated, DANNON	14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	0.00	
Strawberry-flavor beverage mix, powder 14384 Beverages, water, bottled, PERRIER 14385 Beverages, water, bottled, POLAND SPRING 14409 Beverages, Orange-flavor drink, breakfast type, low calorie, powder 14429 Beverages, water, tap, municipal 14432 Beverages, water, bottled, non-carbonated, DANNON 14432 Beverages, water, bottled, non-carbonated, DANNON 14433 Beverages, water, bottled, non-carbonated, DANNON 14434 Beverages, water, bottled, non-carbonated, DANNON 14435 Beverages, water, bottled, non-carbonated, DANNON 14436 Beverages, water, bottled, non-carbonated, DANNON	14276	Beverages, Tropical Punch, ready-to-drink	0.00	
Beverages, water, bottled, PERRIER 14385 Beverages, water, bottled, POLAND SPRING 14409 Beverages, Orange-flavor drink, breakfast type, low calorie, powder 14429 Beverages, water, tap, municipal 14432 Beverages, water, bottled, non-carbonated, DANNON 14432 Beverages, water, bottled, non-carbonated, DANNON 14434 Beverages, water, bottled, non-carbonated, DANNON 14435 Beverages, water, bottled, non-carbonated, DANNON 14436 Beverages, water, bottled, non-carbonated, DANNON 14437 Beverages, water, bottled, non-carbonated, DANNON	14279	Beverages, tea, black, ready-to-drink, peach, diet	0.00	0.00
Beverages, water, bottled, POLAND SPRING 14409 Beverages, Orange-flavor drink, breakfast type, low calorie, powder 14429 Beverages, water, tap, municipal 14432 Beverages, water, bottled, non-carbonated, DANNON 14432 Deverages, water, bottled, non-carbonated, DANNON 14434 Deverages, water, bottled, non-carbonated, DANNON	14350	Strawberry-flavor beverage mix, powder	0.00	
Beverages, Orange-flavor drink, breakfast type, low calorie, powder 14429 Beverages, water, tap, municipal 14432 Beverages, water, bottled, non-carbonated, DANNON 14432 Deverages, water, bottled, non-carbonated, DANNON 14433 Deverages, water, bottled, non-carbonated, DANNON	14384	Beverages, water, bottled, PERRIER	0.00	
Beverages, Orange-flavor drink, breakfast type, low calorie, powder 14429 Beverages, water, tap, municipal 14432 Beverages, water, bottled, non-carbonated, DANNON 14432 Deverages, water, bottled, non-carbonated, DANNON 14434 Deverages, water, bottled, non-carbonated, DANNON	14385	Beverages, water, bottled, POLAND SPRING	0.00	
Beverages, water, bottled, non-carbonated, DANNON 0.00	14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	0.00	
La company and the company and	14429	Beverages, water, tap, municipal	0.00	0.01
Beverages, water, bottled, non-carbonated, PEPSI, AQUAFINA 0.00	14432	Beverages, water, bottled, non-carbonated, DANNON	0.00	
	14433	Beverages, water, bottled, non-carbonated, PEPSI, AQUAFINA	0.00	

1414 Beverages, The COCA-COLA company, DaSA-NI, warc, bettled, non-carbonated 0.00 1-	NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
Heserages, Proped Zero, Iruit discovered, non-carbonated 0.00	14434	Beverages, The COCA-COLA company, DASANI, water, bottled, non-carbonated	0.00	
1455 Water, bottled, generic 0.00 0.01 1459 1459 1459 1450 14	14440	Beverages, water, bottled, non-carbonated, DANNON Fluoride To Go	0.00	
14559 Reverges, water, butled, non-carbonated, EVIAN 0.00	14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	0.00	
14601 Water, non-earbonated, bottles, natural fruit flavors, sweetened with low ealorie sweetener 0.00 0.0	14555	Water, bottled, generic	0.00	0.01
14625 Beverages, Energy drink, AMP	14559	Beverages, water, bottled, non-carbonated, EVIAN	0.00	
14626 Beverages, Energy drink, PULL TIROTTLE	14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	0.00	
14628 Beverages, Energy drink, AMP, sugar free 0.00 0.00 14630 Beverages, Energy drink, KOCKSTAK, sugar free 0.00 0.00 14640 Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor 0.00 0.00 14641 Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor 0.00 0.00 14642 Beverages, Pristic QUAKER, citoraca Ciz, low caloric 0.00 0.01 14645 Beverages, Fruit flavored drink, less than 3% print juice, with high vitamin C 0.00 0.01 16246 Bill KNog, soymilk 0.00 0.01 18372 Leavening agents, baking soda 0.00 0.0 KASHI, TLC, Country Chedidar Crackers 0.00 0.01 19106 Candies, ROLO Caramets in Milk Checolate 0.00 0.01 19152 Candies, MSS SNACKFOOD US, STARBURST Fruit Chews, Original fruits 0.00 0.01 19153 Chewing gum 0.00 0.0 19154 Candies, MRS SNACKFOOD US, STARBURST Fruit Chews, Original fruits 0.00 0.0 19155 Candies, MRS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	14625	Beverages, Energy drink, AMP	0.00	0.00
14630 Beverages, Energy drink, ROCKSTAR, sugar free 0.00 0.00 14640 Beverages, Energy drink, VAULT, cirus flavor 0.00 0.00 14641 Beverages, Energy drink, VAULT, cirus flavor 0.00 0.00 14642 Beverages, Energy drink, VAULT Zero, sugar-free, cirus flavore 0.00 0.00 14643 Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C 0.00 0.01 14645 Beverages, Fruit flavored drink, less than 3% print juice, with high vitamin C 0.00 0.01 14646 Beverages, Fruit flavored drink, less than 3% print juice, with high vitamin C 0.00 0.01 14647 Beverages, Fruit flavored drink containing less than 3% print juice, with high vitamin C 0.00 0.01 14648 Beverages, Fruit flavored drink, less than 3% print juice, with high vitamin C 0.00 0.01 18749 Leavening agents, buking soda 0.00 0.01 18740 Candies, guardops, starb jelly pieces 0.00 0.01 19152 Candies, guardops, starb jelly pieces 0.00 0.01 19153 Chalice, Koll, Chalice and Milk Chocolate	14626	Beverages, Energy drink, FULL THROTTLE	0.00	0.00
14640 Beverages, Energy drink, VAULT, citrus flavor 0.00 0.00 14641 Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor 0.00 0.00 14644 Beverages, PEPSICO QUAKER, Gatorade GZ, low cultorie 0.00 0.01 14645 Beverages, Fruit flavored drink, less than 3% fruit juice, not fortified with viramin C 0.00 0.01 16246 Bilk Nog, soymilk 0.00 0.01 18372 Leavening agents baking soda 0.00 0.01 1876 KASHII, TLC, Country Cheddur Crackers 0.00 0.01 19106 Candies, gundrops, sturch jelly pieces 0.00 0.01 19152 Candies, ROLO Caramels in Milk Chocolae 0.00 0.01 19153 Candies, ROLO Caramels in Milk Chocolae 0.00 0.01 19154 Candies, MARS SNACKFOO US, STARBURST Fruit Chews, Original fruits 0.00 0.01 19155 Clalain desserts, dry mix, reduced calorie, with aspartame 0.00 0.01 19163 Cleating desserts, dry mix, reduced calorie, with aspartame, prepared with water 0.00 0.01 19175 Ge	14628	Beverages, Energy drink, AMP, sugar free	0.00	0.00
14641 Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor 0.00 0.00 14644 Beverages, PEINICO QUAKER, Gatorade GZ, low calorie 0.00 0.01 14645 Beverages, Fruit flavored drink, Containing less than 3% juice, not fortified with vitamin C 0.00 0.01 14646 Beverages, Fruit flavored drink, containing less than 3% fruit juice, with high vitamin C 0.00 0.01 18246 SILK Nog, snymilk 0.00 0.01 18372 Leavening agents, baking soda 0.00 0.01 18976 KASHI, TLC, Country Chedar Crackers 0.00 0.01 19162 Candies, RULO Caramels in Milk Chocolate 0.00 0.01 19152 Candies, ROLO Caramels in Milk Chocolate 0.00 0.01 19153 Chewing gum 0.00 0.01 19164 Chewing gum 0.00 0.01 19175 Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water 0.00 0.01 19364 Toppings, butterscotch or caramel 0.00 0.01 19986 Sweeteners, tabletop, sucralose, STLENDA packets	14630	Beverages, Energy drink, ROCKSTAR, sugar free	0.00	0.00
14644 Beverages, FPISICO QUKER, Gatorade G2, low calorie 0.00 - 14645 Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C 0.00 0.01 14646 Beverages, Fruit flavored drink, less than 3% fruit juice, with high vitamin C 0.00 0.01 16246 SILK Nog, soymilk 0.00 - 18772 Leavening agents, baking soda 0.00 - 18976 KASHI, TLC, Country Cheldar Crackers 0.00 0.01 19162 Candies, gundrops, starch jelly pieces 0.00 0.01 19152 Candies, ROLO Caramels in Milk Chocolate 0.00 0.01 19153 Chewing gum 0.00 0.01 19163 Chewing gum 0.00 - 19175 Gelatin desserts, dry mix, reduced calorie, with aspartame 0.00 0.01 19176 Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water 0.00 0.01 19868 Sweeteners, tabletop, sucralose, SPLENDA puckets 0.00 - 19918 Sweeteners, tabletop, sucralose, SPLENDA puckets 0.00 <td< td=""><td>14640</td><td>Beverages, Energy drink, VAULT, citrus flavor</td><td>0.00</td><td>0.00</td></td<>	14640	Beverages, Energy drink, VAULT, citrus flavor	0.00	0.00
14645 Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C 0.00 0.01 14646 Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C 0.00 0.01 16246 SILK Nog, soymilk 0.00 18372 Leavening agents, baking soda 0.00 18976 KASHI, TLC, Country Chedder Crackers 0.00 0.01 19106 Candies, gundrops, starch jelly pieces 0.00 0.01 19152 Candies, ROLO Caramels in Milk Chocolate 0.00 0.01 19163 Chewing gum 0.00 0.01 19175 Gelatin desserts, dry mix, reduced calorie, with aspartame 0.00 0.01 19176 Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water 0.00 0.01 19364 Toppings, butterscotch or caramel 0.00 0.01 19365 Sweeteners, tabletop, sucralose, SPLENDA packets 0.00 0.01 19918 Sweeteners, tabletop, sucralose, SPLENDA packets 0.00 0.01 22938 SPAGHETTIOS, SpaghettiOs plus Calcium	14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	0.00	0.00
1446 Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C 0.00 0.01 16246 SLK Nog, soymilk 0.00 18372 Leavening agents, baking soda 0.00 18976 KASHI, TLC, Country Cheddar Crackers 0.00 0.01 19106 Candies, gundrops, starte, jelly pieces 0.00 0.01 19152 Candies, ROLO Caramels in Milk Chocolate 0.00 0.01 19156 Candies, SMARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits 0.00 0.01 19163 Cheving gum 0.00 0.01 19175 Gelatin desserts, dry mix, reduced calorie, with aspartame 0.00 0.01 19176 Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water 0.00 0.01 19176 Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water 0.00 0.01 1986 Sweeteners, tabletop, sucralose, SPLENDA packets 0.00 0.01 19918 Sweeteners, tabletop, sucralose, SPLENDA packets 0.00 0.01 22936 SPAGHETTIOS, SpaghetitOs plus Calcium 0.00 0.01 22938 SPAGHETTIOS, SpaghetitOs with Metaballs- Easy Open 0.00 0.01 <td< td=""><td>14644</td><td>Beverages, PEPSICO QUAKER, Gatorade G2, low calorie</td><td>0.00</td><td></td></td<>	14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	0.00	
16246 SILK Nog, soymilk 0.00 - 18372 Leavening agents, baking soda 0.00 - 18976 KASHI, TLC, County Cheddar Crackers 0.00 - 19106 Candies, gundrops, starch jelly pieces 0.00 0.01 19152 Candies, ROLO Caramels in Milk Chocolate 0.00 0.01 19154 Candies, MARS SNACKPOD US, STARBURST Fruit Chews, Original fruits 0.00 0.01 19163 Chewing gum 0.00 0.01 19175 Gelatin desserts, dry mix, reduced calorie, with aspartame 0.00 0.01 19176 Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water 0.00 0.01 19364 Toppings, butterscotch or caramel 0.00 0.01 19868 Sweeteners, tabletop, sucralose, SPLENDA packets 0.00 0.0 19918 Sweeteners, tarbal extract powder from Stevia leaf 0.00 0.0 22938 SPAGHETTIOS, SpaghettiOs plus Calcium 0.00 0.0 22946 SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open 0.00 0.0	14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	0.00	0.01
18372 Leavening agents, baking soda 0.00 - 18976 KASHI, TLC, Country Cheddar Crackers 0.00 - 19106 Candies, gundrops, starch jelly pieces 0.00 0.01 19152 Candies, RARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits 0.00 0.01 19163 Chewing gun 0.00 - 19175 Gelatin desserts, dry mix, reduced calorie, with aspartame 0.00 - 19176 Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water 0.00 - 19364 Toppings, butterscotch or caramel 0.00 - 19868 Sweeteners, tabletops, suralose, SPLENDA packets 0.00 - 19918 Sweeteners, tabletops, suralose, SPLENDA packets 0.00 - 2938 SPAGHETTIOS, SpaghettiOs with Meathalls - Easy Open 0.00 - 28003 KELLOGOS, EGGO, Pancakes, Blueberry 0.00 - 28005 KELLOGOS, CINNABON, Pancakes, Original 0.00 - 28006 KELLOGOS, CINNABON, Pancakes, Original 0.00 -	14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	0.00	0.01
18372 Leavening agents, baking soda 0.00 18976 KASHI, TLC, Country Cheddar Crackers 0.00 1910 Candies, gundrops, starch jelly pieces 0.00 0.01 19152 Candies, ROLO Caramels in Mik Chocolate 0.00 0.01 19163 Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits 0.00 0.01 19163 Chewing gum 0.00 19175 Gelatin desserts, dry mix, reduced calorie, with aspartame 0.00 0.01 19176 Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water 0.00 0.01 19364 Toppings, butterscotch or caramel 0.00 0.01 19486 Sweeteners, tabletop, sucralose, SPLENDA packets 0.00 0.0 19918 Sweeteners, tabletop, sucralose, SPLENDA packets 0.00 0.0 29938 SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open 0.00 0.0 22966 SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open 0.00 0.0 28003 KELLOGGS, CINNABON, Pancakes, Caramel 0.00	16246	SILK Nog, soymilk	0.00	
19106 Candies, gumdrops, starch jelly pieces 0.00 0.01 19152 Candies, ROLO Caramels in Milk Chocolate 0.00 19156 Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits 0.00 0.01 19163 Chewing gum 0.00 19175 Gelatin desserts, dry mix, reduced calorie, with aspartame 0.00 0.01 19364 Toppings, butterscotch or caramel 0.00 19868 Sweeteners, tabletop, sucralose, SPLENDA packets 0.00 19918 Sweeteners, tabletop, sucralose, SPLENDA packets 0.00 19918 Sweeteners, tabletop, sucralose, SPLENDA packets 0.00 19918 Sweeteners, berbal extract powder from Stevia leaf 0.00 29938 SPAGHETTIOS, SpaghettiOs plus Calcium 0.00 29949 SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open 0.00 28003 KELLOGGS, EgGo, Pancakes, Bluberry 0.00 28005 KELLOGGS, CINNABON, Pancakes, Original 0.00	18372	Leavening agents, baking soda	0.00	
19106 Candies, gundrops, starch jelly pieces 0.00 0.01 19152 Candies, ROLO Caramels in Milk Chocolate 0.00 0.01 19156 Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits 0.00 0.01 19163 Chewing gum 0.00 19175 Gelatin desserts, dry mix, reduced calorie, with aspartame 0.00 0.01 19164 Toppings, butterscotch or caramel 0.00 0.01 19364 Toppings, butterscotch or caramel 0.00 19486 Sweeteners, tabletop, sucralose, SPLENDA packets 0.00 19918 Sweeteners, tabletop, sucralose, SPLENDA packets 0.00 19918 Sweeteners, tabletop, sucralose, SPLENDA packets 0.00 19918 Sweeteners, tabletop, sucralose, Splenterios Plava Evia Leaf 0.00 29938 SPAGHETTIOS, SpaghettiOs plus Calcium 0.00 28030 KELLOGGS, EGGO, Pancakes, Blueberry 0.00 28045 KELLOGGS, CINNABON, Pancakes, Original 0.00	18976	KASHI, TLC, Country Cheddar Crackers	0.00	
19156 Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits 0.00 0.01 19163 Chewing gum 0.00 19175 Gelatin desserts, dry mix, reduced calorie, with aspartame 0.00 0.01 19176 Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water 0.00 0.01 19364 Toppings, butterscotch or caramel 0.00 19888 Sweeteners, tabletop, sucralose, SPLENDA packets 0.00 19918 Sweetener, herbal extract powder from Stevia leaf 0.00 22938 SPAGHETTIOS, SpaghettiOs plus Calcium 0.00 22966 SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open 0.00 28003 KELLOGG'S, EGGO, Pancakes, Blueberry 0.00 28005 KELLOGG'S, CINNABON, Pancakes, Caramel 0.00 28143 KEEBLER, TOWN HOUSE, Reduced Fat Crackers 0.00 28259 KELLOGG'S, EGGO Minis, Pancakes, Buttermilk 0.00 3022 KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared<	19106	Candies, gumdrops, starch jelly pieces	0.00	
19163 Chewing gum 0.00 19175 Gelatin desserts, dry mix, reduced calorie, with aspartame 0.00 19176 Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water 0.00 0.01 19364 Toppings, butterscotch or caramel 0.00 19868 Sweeteners, tabletop, sucralose, SPLENDA packets 0.00 19918 Sweetener, herbal extract powder from Stevia leaf 0.00 22938 SPAGHETTIOS, SpaghettiOs plus Calcium 0.00 22966 SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open 0.00 28003 KELLOGG'S, EGGO, Pancakes, Blueberry 0.00 28005 KELLOGG'S, CINNABON, Pancakes, Caramel 0.00 28006 KELLOGG'S, CINNABON, Pancakes, Original 0.00 28143 KEEBLER, TOWN HOUSE, Reduced Fat Crackers 0.00 28259 KELLOGG'S, EGGO Minis, Pancakes, Buttermilk 0.00 3022 KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared 0.00	19152	Candies, ROLO Caramels in Milk Chocolate	0.00	
19175 Gelatin desserts, dry mix, reduced calorie, with aspartame 0.00 19176 Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water 0.00 0.01 19364 Toppings, butterscotch or caramel 0.00 19868 Sweeteners, tabletop, sucralose, SPLENDA packets 0.00 19918 Sweetener, herbal extract powder from Stevia leaf 0.00 22938 SPAGHETTIOS, SpaghettiOs plus Calcium 0.00 22966 SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open 0.00 28003 KELLOGG'S, EGGO, Pancakes, Blueberry 0.00 28005 KELLOGG'S, CINNABON, Pancakes, Caramel 0.00 28006 KELLOGG'S, CINNABON, Pancakes, Original 0.00 28143 KEEBLER, TOWN HOUSE, Reduced Fat Crackers 0.00 28259 KELLOGG'S, EGGO Minis, Pancakes, Buttermilk 0.00 3022 KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared 0.00	19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	0.00	0.01
19176 Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water 0.00 0.01 19364 Toppings, butterscotch or caramel 0.00 19868 Sweeteners, tabletop, sucralose, SPLENDA packets 0.00 19918 Sweetener, herbal extract powder from Stevia leaf 0.00 22938 SPAGHETTIOS, SpaghettiOs plus Calcium 0.00 22966 SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open 0.00 28003 KELLOGG'S, EGGO, Pancakes, Blueberry 0.00 28005 KELLOGG'S, CINNABON, Pancakes, Caramel 0.00 28006 KELLOGG'S, CINNABON, Pancakes, Original 0.00 28143 KEEBLER, TOWN HOUSE, Reduced Fat Crackers 0.00 28259 KELLOGG'S, EGGO Minis, Pancakes, Buttermilk 0.00 3022 KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared 0.00	19163	Chewing gum	0.00	
19364 Toppings, butterscotch or caramel 0.00 19868 Sweeteners, tabletop, sucralose, SPLENDA packets 0.00 19918 Sweetener, herbal extract powder from Stevia leaf 0.00 22938 SPAGHETTIOS, SpaghettiOs plus Calcium 0.00 22966 SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open 0.00 28003 KELLOGG'S, EGGO, Pancakes, Blueberry 0.00 28005 KELLOGG'S, CINNABON, Pancakes, Caramel 0.00 2806 KELLOGG'S, CINNABON, Pancakes, Original 0.00 28143 KEEBLER, TOWN HOUSE, Reduced Fat Crackers 0.00 28259 KELLOGG'S, EGGO Minis, Pancakes, Buttermilk 0.00 3022 KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared 0.00	19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	0.00	
19868 Sweeteners, tabletop, sucralose, SPLENDA packets 0.00 19918 Sweetener, herbal extract powder from Stevia leaf 0.00 22938 SPAGHETTIOS, SpaghettiOs plus Calcium 0.00 22966 SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open 0.00 28003 KELLOGG'S, EGGO, Pancakes, Blueberry 0.00 28005 KELLOGG'S, CINNABON, Pancakes, Caramel 0.00 28006 KELLOGG'S, CINNABON, Pancakes, Original 0.00 28143 KEEBLER, TOWN HOUSE, Reduced Fat Crackers 0.00 28259 KELLOGG'S, EGGO Minis, Pancakes, Buttermilk 0.00 32022 KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared 0.00	19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	0.00	0.01
Sweetener, herbal extract powder from Stevia leaf 22938 SPAGHETTIOS, SpaghettiOs plus Calcium 22966 SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open 28003 KELLOGG'S, EGGO, Pancakes, Blueberry 28005 KELLOGG'S, CINNABON, Pancakes, Caramel 28006 KELLOGG'S, CINNABON, Pancakes, Original 28143 KEEBLER, TOWN HOUSE, Reduced Fat Crackers 28259 KELLOGG'S, EGGO Minis, Pancakes, Buttermilk 3000 28222 KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared	19364	Toppings, butterscotch or caramel	0.00	
SPAGHETTIOS, SpaghettiOs plus Calcium 2966 SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open 28003 KELLOGG'S, EGGO, Pancakes, Blueberry 28005 KELLOGG'S, CINNABON, Pancakes, Caramel 28006 KELLOGG'S, CINNABON, Pancakes, Original 28143 KEEBLER, TOWN HOUSE, Reduced Fat Crackers 3000 28259 KELLOGG'S, EGGO Minis, Pancakes, Buttermilk 32022 KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared 3000	19868	Sweeteners, tabletop, sucralose, SPLENDA packets	0.00	
22966SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open0.0028003KELLOGG'S, EGGO, Pancakes, Blueberry0.0028005KELLOGG'S, CINNABON, Pancakes, Caramel0.0028006KELLOGG'S, CINNABON, Pancakes, Original0.0028143KEEBLER, TOWN HOUSE, Reduced Fat Crackers0.0028259KELLOGG'S, EGGO Minis, Pancakes, Buttermilk0.0032022KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared0.00	19918	Sweetener, herbal extract powder from Stevia leaf	0.00	
KELLOGG'S, EGGO, Pancakes, Blueberry KELLOGG'S, CINNABON, Pancakes, Caramel KELLOGG'S, CINNABON, Pancakes, Caramel KELLOGG'S, CINNABON, Pancakes, Original KELLOGG'S, CINNABON, Pancakes, Original KEEBLER, TOWN HOUSE, Reduced Fat Crackers KEEBLER, TOWN HOUSE, Reduced Fat Crackers KELLOGG'S, EGGO Minis, Pancakes, Buttermilk KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared O.00	22938	SPAGHETTIOS, SpaghettiOs plus Calcium	0.00	
28005KELLOGG'S, CINNABON, Pancakes, Caramel0.0028006KELLOGG'S, CINNABON, Pancakes, Original0.0028143KEEBLER, TOWN HOUSE, Reduced Fat Crackers0.0028259KELLOGG'S, EGGO Minis, Pancakes, Buttermilk0.0032022KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared0.00	22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	0.00	
28006KELLOGG'S, CINNABON, Pancakes, Original0.0028143KEEBLER, TOWN HOUSE, Reduced Fat Crackers0.0028259KELLOGG'S, EGGO Minis, Pancakes, Buttermilk0.0032022KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared0.00	28003	KELLOGG'S, EGGO, Pancakes, Blueberry	0.00	
KEEBLER, TOWN HOUSE, Reduced Fat Crackers KELLOGG'S, EGGO Minis, Pancakes, Buttermilk KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared 0.00	28005	KELLOGG'S, CINNABON, Pancakes, Caramel	0.00	
28259 KELLOGG'S, EGGO Minis, Pancakes, Buttermilk 32022 KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared 0.00	28006	KELLOGG'S, CINNABON, Pancakes, Original	0.00	
32022 KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared 0.00	28143	KEEBLER, TOWN HOUSE, Reduced Fat Crackers	0.00	
	28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	0.00	
Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame 0.00	32022	KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared	0.00	
	42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	0.00	

NDB_No	Description	Zinc, Zn(mg) Value Per	Copper, Cu(mg) Value Per
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	0.00	
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	0.00	
42281	Gums, seed gums (includes locust bean, guar)	0.00	
42285	Babyfood, cereal, brown rice, dry, instant	0.00	0.37
42289	Oil, corn and canola	0.00	
43026	Syrups, sugar free	0.00	
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	0.00	
43058	Candies, hard, dietetic or low calorie (sorbitol)	0.00	
43060	Chewing gum, sugarless	0.00	
43214	Butter replacement, without fat, powder	0.00	
43216	Sweeteners, tabletop, fructose, dry, powder	0.00	0.22